

Birthday Arch – Page/Big Water, AZ

Saturday, July 11th @ 6:00 am (DST)

Transportation:

Please Note: Transportation to the hiking location will not be provided by TCRHCC or Health Promotion Disease Prevention. All participants are responsible for their own transportation to each hiking location.

Physical Requirements:

Must be physically prepared for the hike.

*If you have any knee problems, this hike may not be suitable for you.

Hiking Event Site Information:

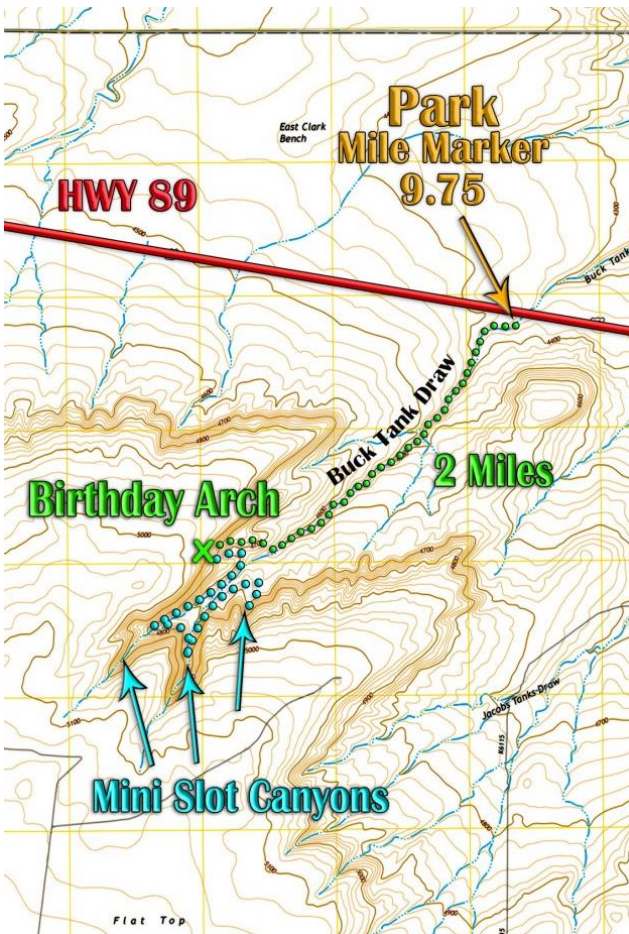
Hiking Time: 3-4 hours – ALL HPDP hikes are ONE DAY.

Distance: 4.5 miles round trip.

Trail Rating: Moderate (see physical requirements) Sandy, hills and slick rock.

Elevation Gain: 385 feet

Trail: Birthday Arch



How to prepare for the hike:

1. Always get a good night rest before the hike. Pack your Items the day before the hike.
2. Hydrate the day before and day of the hike; everyone is required to carry their own water. It can get hot.
3. Wear comfortable light/layered clothing with a hat.
4. Watch weather forecast & dress accordingly.
5. Bring a trash bag. "Pack out, what you pack in!"

Items recommended for hiking:

- Light backpack/day pack.
- Durable hiking shoes with ankle support or shoes with good tread, "trail shoes".
- Light lunch & salty snacks (Granola bar, trail mix, fruit, crackers, beef jerky, etc.).
- Water (2-3 liters recommended)/ (electrolyte sports drink, coconut water, electrolyte tablets etc.)
- Sun block, bug repellant spray, & hat.
- Trekking poles or walking stick (not mandatory). HPDP will have trekking poles onsite, participants can check out poles before we hit the trail.
- Camera to capture wonderful memories & beautiful scenery.

Safety Measures:

- 1) Please make sure that you are adequately hydrated, in good physical condition, & prepared for this hike.
- 2) Safety monitors will know the route of the course, directions, and know how to contact a medical emergency technician in case of an emergency. 928-645-2424 (Banner Health – Page Hospital) NOTE: spotty cell service on trail
- 3) Safety monitors will carry a first aid kit and extra water/electrolytes.
- 4) If any hikers (participants) need to stop the hike, or need to return to the main area, a safety monitor will escort the participant to the trailhead.

Meeting Location: 37QW+58 Big Water, Utah

Meet at 6:00 am (DST) at the Birthday Arch trailhead. During this time, we will conduct gear check and make sure that participants packed enough water, electrolytes, and snacks for the hike.

Directions:

1 hr 36 min (97.0 miles)

via US-89 N

Fastest route, the usual traffic

Tuba City

Arizona 86045

- ↑ Head toward W Cedar Ave
1.3 mi
- ↪ Turn right onto US-160 W/Navajo Trail
10.2 mi
- ↪ Turn right onto US-89 N
65.6 mi
- ⤿ At the traffic circle, take the 2nd exit onto US-89
1.6 mi
- ⤿ At the traffic circle, continue straight to stay on US-89
18.2 mi

Bucktank Draw and Birthday Arch Hike

US-89, Kanab, UT 84741



- HPDP staff will be waiting in the HPDP department vehicle-white Ford diesel truck or Black Ford Expedition.
- A sign in sheet will be distributed for participants and guests. Sign in & out.
- Extra registration forms will be available onsite. All participants must be registered to take part in the hike.
- All participants will take part in a gear check before the start of the hike to ensure that everyone has plenty of water and snacks.
- A head count will be taken before/after the hike. Hiking group will start the hike at approximately 7:00am (DST).
- For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 7:00am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Hike:

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator

Laurynn Talayumptewa, HPDP Health Coach