



# BUFFALO PARK - MCMILLAN MESA/SUNSET/SWITZER TRAIL INFORMATION SHEET

**CHECK IN FOR ALL BIKING EVENTS WILL BEGIN AT 6:30AM (DST), ALL EVENTS WILL START AT 7:00AM (DST)**

## **TRANSPORTATION:**

Transportation will not be provided by the Health Promotion Disease Prevention Program. All participants are responsible for their own transportation to each biking location.

*No fee is required for this location.*

## **Physical Requirements:**

Must have fair physical fitness & lower body strength.

*\*As with any outdoor activity please take into consideration your own physical fitness, read all information needed before attempting any biking event.*

## **BIKING FACTS:**

Biking Time: 1-1.5hrs

-ALL HPDP biking events are less than 3hrs.

Distance: 5.17 miles round trip

Trail Elevation Change: 258 feet

Trail Rate: Easy - Moderate

Trail: Terrain is rocky with gradual rocky inclines and declines. Please use lower gears when going uphill.

We will pass over a bridge to connect to McMillan trail.  
Please be courteous to hikers and walkers on the trail; pedestrians have the right of way on the trail, so please be mindful.



## **HOW TO PREPARE FOR THE BIKE RIDE:**

- ALWAYS GET A GOOD NIGHT REST. PACK YOUR ITEMS THE DAY BEFORE THE RIDE I.E. HELMET, BIKING GLOVES, KNEE/ELBOW PADS, SUNBLOCK, WATER, SNACKS, ETC.
- HYDRATE THE DAY BEFORE AND DAY OF THE RIDE; EVERYONE IS REQUIRED TO CARRY THEIR OWN WATER. IT CAN GET HOT.
- WEAR COMFORTABLE LIGHT/LAYERED CLOTHING.
- WATCH THE WEATHER FORECAST AND DRESS ACCORDINGLY.
- BRING A TRASH BAG. "PACK OUT, WHAT YOU PACK IN!"

## **ITEMS RECOMMENDED FOR BIKING:**

- LIGHT BACKPACK OR DAY PACK. HPDP BIKES DO NOT HAVE A WATER BOTTLE HOLDER SO PLEASE BRING A BAG OR WATER PACK.
- DURABLE SHOES WITH ANKLE SUPPORT, NO SANDALS.
- LIGHT SALTY SNACKS (GRANOLA BAR, TRAIL MIX, FRUITS, CRACKERS, BEEF JERKY, ETC).
- WATER (2-3 LITERS RECOMMENDED/ELECTROLYTE SPORTS DRINK, COCONUT WATER, ELECTROLYTE TABLETS, ETC).
- SUNBLOCK, BUG REPELLENT SPRAY, AND HAT.
- HPDP WILL HAVE HELMETS, KNEE/ELBOW PADS THAT PARTICIPANTS CAN CHECK OUT DURING CHECK-INS.
- CAMERA OR GOPRO TO CAPTURE YOUR EPIC RIDE.

# TCRHCC HEALTH PROMOTION DISEASE PREVENTION 2026 BIKING PROGRAM



## **SAFETY MEASURES:**

1. Please make sure that you are adequately hydrated, in good physical condition, & prepared for this bike ride.
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. 928-779-3366 (Flagstaff Medical Center Emergency Department)
3. Safety monitors will carry a first aid kit and extra water/electrolytes.
4. If any bikers (participants) need to stop during the bike ride, or need to return to the main area, a safety monitor will escort the participant to the trailhead.

**Meeting Location: Buffalo Park 2400 N Gemini Rd, Flagstaff, AZ 86004**

**Goggle: <https://maps.app.goo.gl/3dD8bnr1X6FjVHXR9>**

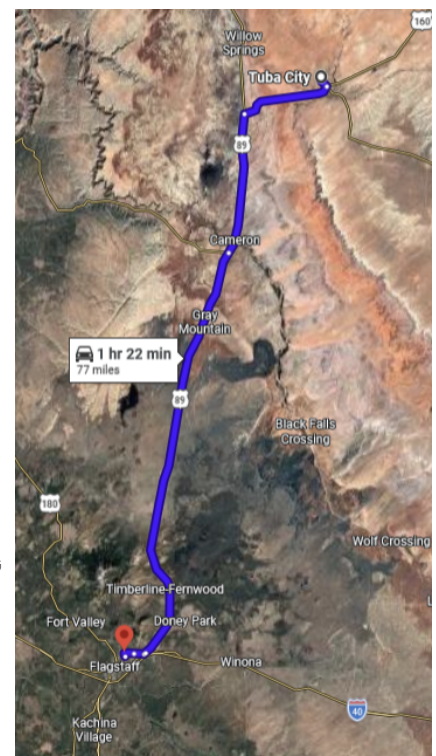
Meet at 6:30am (DST) at the Buffalo Park parking lot. During this time, we will conduct gear check and make sure that participants are fitted for bikes & equipment i.e. helmets, elbow/knee pads. Participants will also be able to pack enough water, electrolytes, and snacks for their bike ride.

## **DIRECTIONS:**

### **1 hour 22 minute drive from Tuba City - 77 miles**

- LEAVE TUBA CITY NO LATER THAN 5:30AM (DST)
- HEAD SOUTH ON MAIN STREET TOWARD W CEDAR AVE (1.3 MILES)
- TURN RIGHT ONTO US-160 WEST/NAVAJO TRAIL (10.2 MILES)
- TURN LEFT ONTO US-89 S (15.6 MILES)
- AT THE TRAFFIC CIRCLE, TAKE THE 2<sup>ND</sup> EXIT ONTO US-89 S/N89 (45.8 MILES)
- CONTINUE ONTO HISTORIC ROUTE 66 (0.2 MILES)
- TURN RIGHT ONTO E. LOCKETT ROAD (1.2 MILES)
- AT THE TRAFFIC CIRCLE, TAKE THE 2<sup>ND</sup> EXIT ONTO E. CEDAR AVE . (1.2 MILES)
- TURN RIGHT ONTO N. GEMINI DRIVE. (0.4 MILES)

**\*HPDP STAFF WILL BE SET-UP AT THE BUFFALO PARK TRAILHEAD PARK PARKING LOT IN A WHITE FORD DIESEL TRUCK WITH WHITE CARGO TRAILER.\***



- 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. Please sign-in & out.
- Extra registration forms will be available onsite. All participants must be registered to take part in the bike ride.
- All participants will take part in a gear check before the start of the bike ride to ensure that everyone has plenty of water and snacks.
- A head count will be taken before/after the bike ride. The biking group will hit the trail at approximately 7:00am (DST).
- For the safety of the biking group. No participant will be allowed to participate if you arrive later than 7:00am. NO EXCEPTIONS!

## **HPDP Employees/Community Partners Onsite for the Biking Event:**

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator/Interim Physical Activity Specialist  
Laurynn Talayumptewa, HPDP Health Coach