

Kendrick Peak – Flagstaff, AZ

Saturday, September 19th @ 7:30 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: 5-6 hours – ALL HPDP hikes are ONE DAY.

Distance: 9.2 miles round trip.

Trail Rating: Hard/Strenuous (see physical requirements)

Trail: Kendrick Peak Trail

Restrooms are available at the trailhead. Plenty of parking at the trailhead.



How to prepare for the hike:

1. Always get a good night's 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 repellent 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. 928-204-4100 (Northern Arizona Healthcare- Sedona Emergency Department) 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: Kendrick Mountain Wilderness, Flagstaff, AZ 86001

Meet at 7:00 am (DST) at Kendrick Peak Trailhead parking lot. During this time, we will conduct gear checks and make sure that participants pack enough water, electrolytes, and snacks for the hike.

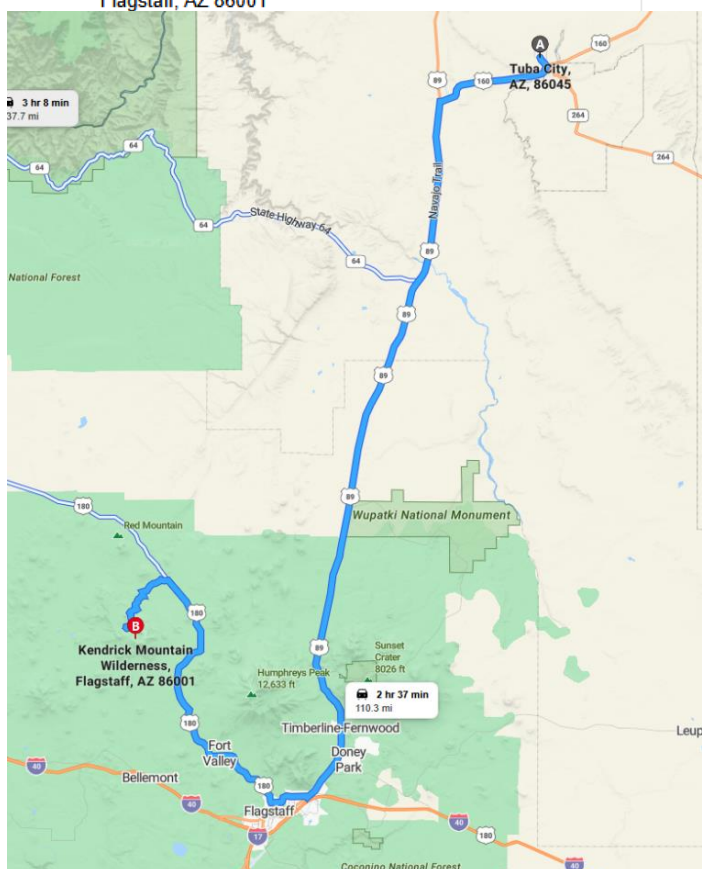
Directions: Leave Tuba City no later than 4:45am.

 **Via US-89 S, US-180 W** **2 hr 37 min**
Fastest route · No delay · Unpaved roads 110.3 mi
[Close](#)

A Tuba City, AZ, 86045

- ↑ Leave from Main St/Indian Rte-101
1 mi, about 2 min
- Turn right onto Navajo Trl/US-160 W
about 0.2 mi, less than 1 min
- ↑ Follow Navajo Trl/US-160 W
10 mi, about 10 min
- ↩ Turn left onto N US Highway 89/US-89 S
about 0.1 mi, less than 1 min
- ↑ Follow N US Highway 89/US-89 S
15.4 mi, about 14 min
- 🔄 At the roundabout take the second exit onto N US Highway 89/US-89 N
about 0.2 mi, less than 1 min
- ↑ Follow N US Highway 89/US-89 N
46.9 mi, about 45 min
- Turn right onto E Lockett Rd
1.2 mi, about 3 min
- 🔄 At the roundabout take the second exit onto E Cedar Ave
2.4 mi, about 5 min
- Turn right onto N Fort Valley Rd/US-180 W
about 0.2 mi, less than 1 min

- ↑ Follow N Fort Valley Rd/US-180 W
25.5 mi, about 28 min
 - ↩ Turn left onto FS Rd
1.4 mi, about 6 min
 - ↩ Turn left onto FS Rd
0.1 mi, about 1 min
 - Keep left at FS Rd
1.1 mi, about 9 min
 - ↩ Turn left
0.3 mi, about 3 min
 - Turn right onto FS Rd
1.6 mi, about 7 min
 - Turn right onto FS Road 90
0.8 mi, about 5 min
 - ↩ Turn left
1.8 mi, about 17 min
 - 📍 You have arrived. Your destination is on the right
- B** Kendrick Mountain Wilderness
Flagstaff, AZ 86001

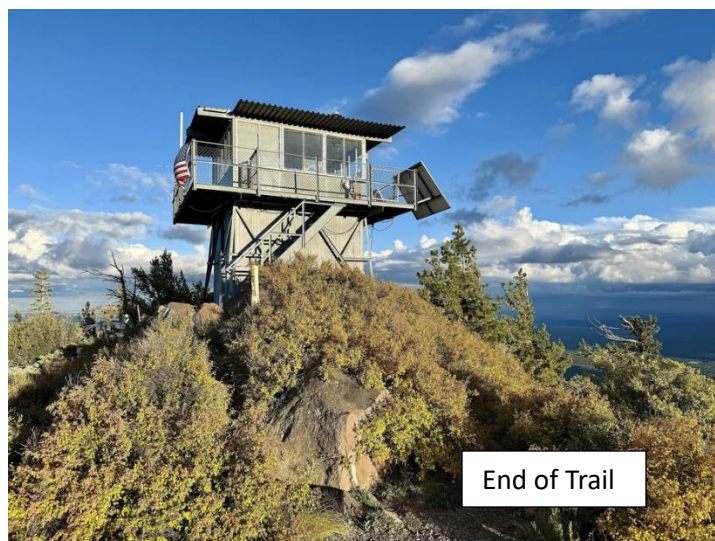




Kendrick Peak Trailhead Parking Lot



Kendrick Peak Trail



End of Trail

- 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 7:30am (DST).
- For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 7:30am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Hike:

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator
 Laurynn Talayumtewa, HPDP Health Coach