Watch the Weather:
Yes, "it's a dry heat" – but Arizona’s temperature can be deceiving and deadly. Hike when it’s cool outside, try early mornings and evenings when there’s more shade.

Dress Appropriately:
Wear proper shoes, clothing, hat and sunscreen.

Bring Water:
Hydrate before you go. Have plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.

Keep in Contact:
Carry a mobile phone.

THREE MILES (OUT & BACK)

Walk
Left out main door, left on Dreamy Draw Rd., right at the sign bike trail enter (3/4 mile)

Drive
Right out main door, right on 16th St., right on Northern, dead ends to parking

Summit
Right out main door, left on 16th St., left on Glendale, 2nd light Squaw Peak Dr.

Canal Run
Right out main door, left on 16th St., pick up canal run on east side

Team Up:
Hike with others. If hiking solo, tell someone your start and end times, and location.

Be Honest:
Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don’t push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)

Don’t Trailblaze:
Enjoy the Sonoran Desert’s beautiful and undeveloped landscape, but please stay on designated trails.

Take Responsibility:
Don’t be “that person” – the one who wasn’t prepared, shouldn’t have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right!