



### 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.

Take a **HIKE.** Do it **RIGHT.**



### 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.

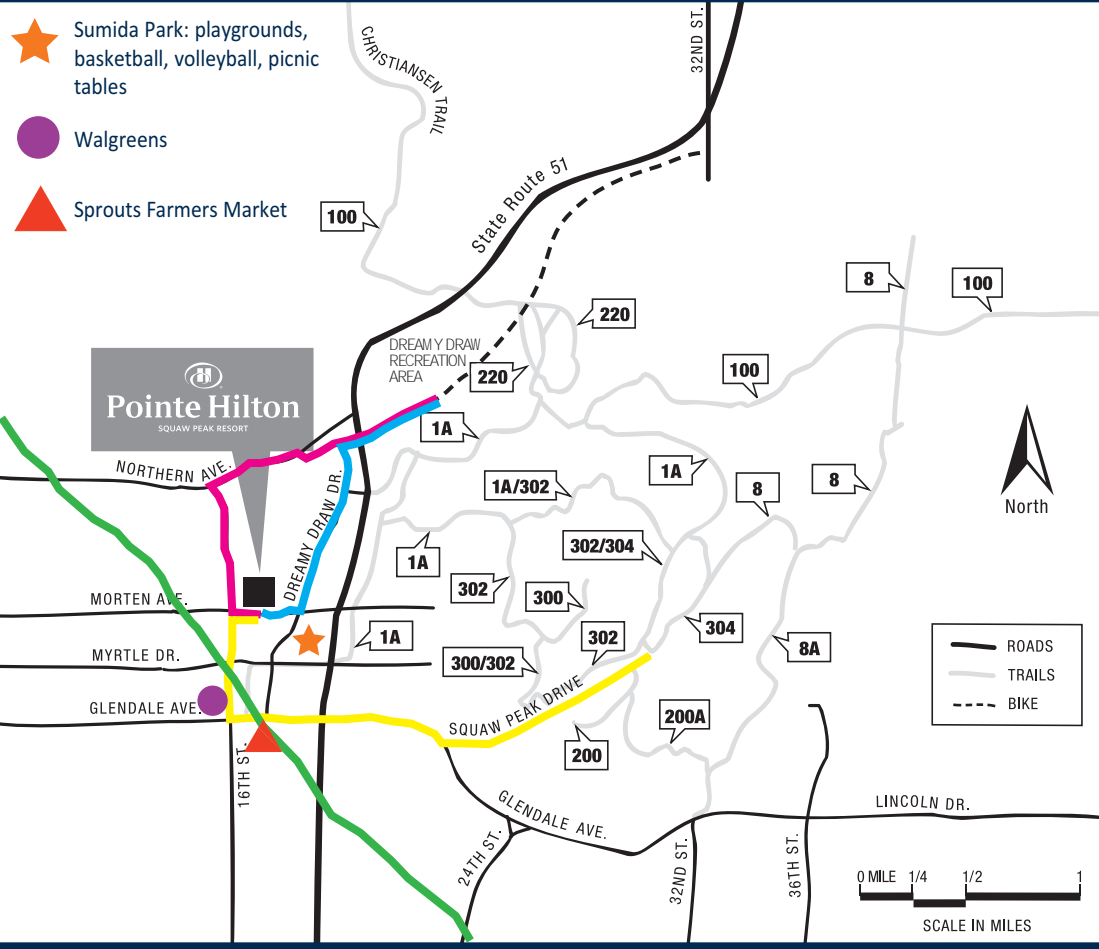


### Take Responsibility:

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!

### 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



### PHOENIX TRAILS

- 1A** PERL CHARLES MEMORIAL TRAIL  
Moderate to difficult, 4.8 miles  
High 2,200' Low 1,340'
- 8** QUARTZ RIDGE TRAIL  
Easy to moderate, 2.45 miles  
High 1,860' Low 1,640'
- 8A** QUARTZ RIDGE TRAIL  
Easy to difficult, 1.7 miles  
High 1,800' Low 1,300'
- 100** CHARLES M. CHRISTIANSEN TRAIL  
Easy to moderate, 10.7 miles  
High 2,080' Low 1,290'
- 200** MOHAVE TRAIL  
Easy to moderate, .4 mile  
High 1,788' Low 1,480'
- 200A** MOHAVE TRAIL  
Easy to moderate, 1.5 miles  
High 1,500' Low 1,300'
- 220** DREAMY DRAW NATURE TRAIL  
Easy to moderate, 1.5 miles  
High 1,580' Low 1,380'
- 300** SUMMIT TRAIL  
Moderate to difficult, 1.2 miles  
High 2,608' Low 1,400'
- 302** FREEDOM TRAIL  
Moderate to difficult, 3.74 miles  
High 2,120' Low 1,400'  
(trail not appropriate for pets)
- 304** NATURE TRAIL  
Easy to moderate, 1.52 miles  
High 1,790' Low 1,610'

**Pointe Hilton**  
SQUAW PEAK RESORT

### HIKING & JOGGING MAP

7677 North Sixteenth Street  
Phoenix, AZ 85020 | 602 997 2626

squawpeakhilton.com