



Hike among the Saguaro



Explore the many trails of Saguaro National Park

Hiking is a great way to exercise while exploring the natural resources of Saguaro National Park.

The I Hike for Health program is a challenge you can enjoy on your own or with your friends and family.

To earn the collector's pin, each individual must:



1. Hike a minimum of 3mi / 5km
2. Take a photograph on the trail(s) they hiked.
3. Complete this hiking log:

Trails	Distance	# of people
_____	/ _____	/ _____
_____	/ _____	/ _____
_____	/ _____	/ _____

4. Present your pictures and log at the visitor center.
(One pin is awarded per person.)

TAKE AND USE A HIKING GUIDE, AVAILABLE AT THE VISITOR CENTER

Some trails to consider: (Distances are roundtrip)

Saguaro National Park (West)

- Desert Discovery 0.5 mi / 0.8 km
- Valley View 0.8 mi / 1.3 km
- Sendero Esperanza to the ridgeline 3.4 mi / 5.5 km
- King Canyon / Wasson Peak / Sendero Esperanza / Gould Mine Trail 7.8 mi / 12.6 km

Saguaro National Park (East)

- Desert Ecology Trail 0.25 mi / 0.4 km
- Freeman Homestead Trail 1 mi / 1.6 km
- Mica View Picnic Area Loop 2 mi / 3.2 km
- Douglas Spring / Garwood / Carrillo / Douglas Spring 5.8 mi / 9.3 km

Hiking Safety Tips

- Do not hike beyond your own limitations.
- Be sure to drink enough water in this arid environment (1 liter per hour). "Half way down, turn around" - when your water is 1/2 gone, head back.
- Bring trail snacks to replace your energy. (Keep in mind that the average person burns 100 calories for every mile walked - around 2,000 steps)
- Protect yourself from the sun; wear a hat and use sunscreen even in fall and winter.
- When temperatures will exceed 100°F / 38°C, complete your hike before 10:00 A.M.

What's Next?

Challenge yourself to keep hiking for enjoyment and your health. You can earn more **I Hike for Health** pins at:

- Organ Pipe Cactus National Monument
- Tumacácori National Historical Park
- Coronado National Monument
- Chiricahua National Monument
- Fort Bowie National Historic Site

