

Women's Hiking Club



Skyline Regional Park
Select Saturdays @ Sunrise
October – May
(Weather permitting)

Note: All hikes are subject to cancellation due to weather. Notification of any cancellations will be received via email.

Please arrive within **15 minutes of Sunrise** at **Skyline Regional Park** and park in the large parking lot at the end of the road. Walk past the bathrooms and over the bridge to the trail head. We will share in a short time of devotion and prayer before we break out in our hiking groups.

Although there are trails marked as “easy,” please know that hiking is an **endurance sport**. Thus, we request that if you have any medical issues that may possibly put you at risk, please be sure to consult with your physician **first**. Thank you!

Recommended Gear List

1. Lightweight hiking/workout clothes
2. Hiking boots
3. Backpack or waist pack
4. Water, water, water!
5. Sunscreen
6. Sunglasses
7. Basic First Aid Supplies & Snacks

Some other options:

1. Sunhat
2. Thick socks
3. Hiking Stick

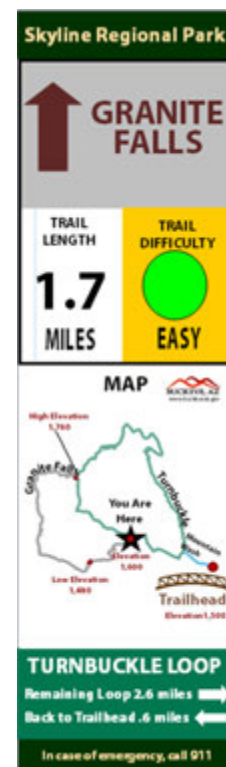
Schedule

October 24th
November 14th
December 12th
January 9th
February 6th
March 6th
April 3rd
May 1st



TRAIL CODE	TRAIL NAME	LENGTH (MILES)	USE BY	RATING	ELEVATION GAIN (FEET)
RH	Red Tailed Hawk	.6		 Accessible	
MW	Mountain Wash	1.06	  	 Moderate	400'
BB	Bridge Bypass Equestrian Trail	.22		 Easy	25'
PC	Parking Lot Connector	.6	  	 Easy	160'
QM	Quartz Mine	2.6	  	 Moderate	445'
WO	Watson Overlook	.15		 Moderate	120'
SC	Skyline Crest	1.3	 2-way Traffic  1-way Traffic	 Difficult	530'
CS	Crest Summit	.17		 Difficult	200'
TG	Tortuga	1.5	  	 Easy	340'
JS	Javelina Summit	.9		 Difficult	745'
LC	Lost Creek	1.03	  	 Moderate	440'
TB	Turnbuckle	3.00	  	 Moderate	560'
V	Valley Vista	.33		 Difficult	270'
GF	Granite Falls Loop	1.7	  	 Easy	280'
CW	Chuckwalla	2.4	  	 Easy	210'
PT	Pyrite	2.1	 2-way Traffic  1-way Traffic	 Moderate	565'
PS	Pyrite Summit	.3	 	 Moderate	180'

Reading Trail Marker Signs



Name of Trail

Background colors (in this example gray), match the color of the trail segment shown in map.

Trail Length is provided for the segment.

Trail Difficulty Rating is provided for the segment as either Easy, Moderate or Difficult.

MAP You Are Here: ★

Your location in Skyline Regional Park.

Trailhead Location:



Elevation Points along the trail with high and low elevations for trail segment and elevation of trailhead.

Information on the intersecting trail is provided with distance back to trailhead. Background color (in this example green) corresponds with the trail segments shown in map.

Emergency Trail Markers are located on sign posts every ¼ mile. If you need help, call 911 and reference the nearest marker to assist emergency personnel in identifying your location.



The letters indicate the name of the trail – in this case MW = Mountain Wash Trail and the numbers provide information on distance traveled for that segment at quarter mile intervals.

