

# HIKING SERIES

HEALTH PROMOTION DIABETES PREVENTION



## HPDP Summer Hiking Series Lees Ferry Spencer's Trail, Saturday, May 19, 2018 @ 6:45 am (DST)

### Transportation:

Please Note: Transportation to the hiking location will not be provided by TCRHCC or Health Promotion and Diabetes Prevention. We kindly encourage participants to drive in their own vehicles and carpool when available.

***25\$ fee per vehicle is required.***

### Physical Fitness Requirements:

Must have or be in excellent physical fitness and lower body strength- to ascend & descend steep hills.

- \*Not recommended for small children (0-7yo) to hike this trail.
- \*If you have any joint problems, this hike may not be suitable for you.
- \*Very steep incline and decline throughout the hike.
- \*rocks and sand throughout trail

### Hiking Event Site Information:

Hiking Time: 2-5 hours – All HPDP hikes are ONE DAY.

Distance: 3-5 miles round trip

Trail Elevation Change: 1614 ft.

Trail Rating: ***Strenuous (see physical requirements)***

Trail: Not maintained/narrow & steep areas- we will hike in single file on the trail.

Meal: Will not be provided. Bring own snacks and meal.

**Bathrooms will be at beginning of hike, none at the top of lookout.**

### How to prepare for the hike:

1. Always get a good night rest before the hike.
2. **Hydrate** and eat a full meal the day before and day of the hike; everyone is required to carry their own water. It will get hot and there is no shade.
3. Wear comfortable light/layered clothing and 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 or camel pack with pockets for snacks.
- 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) per person/ electrolyte sports drink, coconut water, electrolyte tablets etc.)
- Sun block & hat- THERE'S NO SHADE.
- Trekking poles or walking sticks- to go down steep decline & back up steep incline
- Wear long pants....no short cuts- lots of rocks and steep inclines.
- Camera to capture wonderful memories & beautiful scenery.

## Safety Measures:

1. Participants must make sure they are adequately hydrated, in good physical fitness, & 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. NOTE: spotty to no cell service on hiking trail.
3. Safety monitors will carry a first aid kit.
4. If any hikers (participants) need to stop the hike, or return to the main area, a safety monitor will escort the participant to the starting point.

## Meeting Location:

- ***Plan to arrive earlier than 6:45am. If you have not registered.***
- ***Meet @ the Spencer's Trailhead @ 6:45 am (DST)***
- ***Hike will begin at 7am or earlier.***

## Directions:

- Tuba City - Lees Ferry Spencer's trailhead
  - (1 hr. 35 min. Drive from Tuba City) 75 miles.
  - Head south onto US-160 W/Navajo Trail
  - 10.2 mi
  - Turn right onto US-89 N
  - 42.8 mi
  - Turn left onto US-89A N
  - 14.3 mi
  - Turn right onto Lees Ferry Rd
  - 5.8 mi
  - Turn right
  - Destination will be straight ahead. Park in dirt area parking lot.
  - 112 ft.
  - HPDP staff will be waiting in the gravel parking lot in the department vehicle-white Ford diesel truck.
  - A sign in sheet will be distributed for participants and guests. Sign in & out.
  - Extra registration forms will be available. All participants must be registered to take part in the hike.
  - All participants will take part in a gear check before hike starts to ensure that everyone has plenty of water and snacks.
  - A head count will be taken (before /after hike) and the hike will begin @ approximately 7:00 am (DST) or earlier.
- **For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 7:00am. NO EXCEPTIONS!**

## HPDP Employees Assisting with Hike:

Kimberly Baker,  
HPDP Physical Activity Specialist

Jesse Manygoats,  
HPDP Program Specialist

For More Info or Questions, please contact Health Promotion Diabetes Prevention (928)-283-1420  
or email [Kimberly.Baker@tchealth.org](mailto:Kimberly.Baker@tchealth.org).

Visit [tchealth.org/hpdp/hiking.html](http://tchealth.org/hpdp/hiking.html) for more hiking tips and information.