

# FRIENDS

Jan - Mar 2016



## Outdoor, Hiking, and Camping Club

Visit our web site  
[www.friendshiking.com](http://www.friendshiking.com)  
for current hike updates and  
upcoming events



Thanks for the support from all our FRIENDS for making this club a success!

Welcome to Friends Outdoor, Hiking, and Camping Club. For over nineteen years, we have been adventuring into some of Arizona's most beautiful wilderness areas. In fact, we would like to think that we offer the most comprehensive selection of outdoor activities in Arizona. Our hope is to be the catalyst that gives people that "boost" that we all need to get out there and really SEE Arizona; meeting some new friends in the process. Each newsletter outlines hikes for a wide range of abilities from easy to strenuous. If you would like more detailed information on a hike, give the hike leader a call. If you are currently a Friends member, or interested in learning more about the club, please join us on a hike or at one of the monthly meetings.

### Club Contacts

Kurt Sedler 602-339-8780  
[mail@friendshiking.com](mailto:mail@friendshiking.com)

Webmaster:  
Randy Baker 602-616-9491  
[moovyoaz@friendshiking.com](mailto:moovyoaz@friendshiking.com)

Rich Flammang 623-980-9614  
[modelacoupe@att.net](mailto:modelacoupe@att.net)

## Monthly Meetings

Friend's Outdoor, Hiking and Camping Club Meetings are held at Boulders on Broadway (530 W. Broadway Road, Tempe, AZ 85282). Anyone interested in finding out more about the club is welcome to join us for our monthly meeting.

### MEETINGS START AT 7:00 PM

Dates are: January 4<sup>th</sup>, February 1<sup>st</sup> (2<sup>nd</sup> Quarter 2016 planning meeting) and March 7<sup>th</sup>

## Membership

An annual membership in Friend's Outdoor, Hiking, and Camping Club is only \$15.00 per person. Non-members are always welcome on hikes (\$5.00 charge) or at the monthly meetings (free). The current club membership is about 60, made up of people from 26 to 50+, married and single, ranging from artists to engineers. Children are welcome on most hikes, please bear in mind to match the hike & youngster appropriately. Well behaved dogs are also welcome, again, please match the hike & dog appropriately. To join by mail: please send your membership check to: Friend's Hiking Club c/o Kurt Sedler – 50 East Myrna – Tempe, AZ 85284; including your name, address, and email address.

## Hikers Responsibilities

Please know your limits and be sure you are capable of doing the hike that you attend. If you commit to attend a hike, please keep your commitment. Please ask the Hike Leader any question you may have prior to the hike. Please be prepared physically and gear-wise whenever you hike. Water, sunscreen, hat and jacket are a good starting point for your gear list.

## Website

From time to time, details of a particular hike may change after the newsletter has been printed. e.g. Forest closures due to drought / fire danger. We will make every effort to alert club members via email, however, prior to attending a hike please check our website, [www.friendshiking.com](http://www.friendshiking.com), for updates.

**LOOKOUT MOUNTAIN Day Hike and Annual Picnic/ BBQ - in Town**Leader: Garth Newby ([GarthKevin@hotmail.com](mailto:GarthKevin@hotmail.com))

Phone: 623-451-8023

**Please RSVP at which point exact meeting location will be provided****We will be meeting near the trailhead at a location close to the intersection of Coral Gables and Seventh Street, 9:00 AM**

This in-city hike will provide a wonderful opportunity to see panoramic views of the city of Phoenix, courtesy of Lookout Mountain. Specifically, we will be following the Circumference Trail (#308). We will also be following the trail (#150) that goes to the summit of Lookout Mountain, which has a pretty steep elevation change – hence the Moderate hike rating. There will be options to extend the hike length, for those who are interested, e.g. hiking the false peaks. This hike will be a fun chance to start 2016 with some variety and lots of pretty scenery, so we look forward to seeing you there.

**After the hike**, we will be holding our Annual Club Picnic/ BBQ at the hike leader's house. The food and drink are being paid for by your surplus Club funds, so there will be no charge at the event. Please feel free to bring a dish to share, if you wish.

If you will be joining for the BBQ only, please RSVP for exact location, arrival time will be 12:00.

**Sat, Jan 2**

Length: Approx. 5 miles

Rating: Easy/Moderate

Elev. Change: +/- 700 ft

**ALTA TRAIL Day Hike - South Mountain Park**Leader: Randy Baker ([moovyoaz@friendshiking.com](mailto:moovyoaz@friendshiking.com))

Phone: 602-616-9491

**MEET at South Mountain Park entrance, 10919 S. Central Ave, 9:30 AM**

If you like hiking in the Phoenix South Mountains, but hate the crowds, this hike is for you. Starting at the east Alta Trailhead, we will climb 1,200 feet up the ridgeline along Maricopa Peak. Great views overlooking Phoenix, grand vistas, and many steep drop-offs are on this well maintained trail. The Alta Trail then descends on a series of switchbacks to the bottom of the range to our waiting shuttle vehicles.

Afterwards, for those interested, we dine at a nearby eatery. Note: This is one of the more difficult trails in the park, so come prepared.

**Sat, Jan. 9**

Length: 5 miles

Rating: Moderate +

**TOM'S THUMB/EAST END LOOP Day Hike - McDowell Sonoran Preserve**Leader: Denise Osborne ([deniseosborne196@gmail.com](mailto:deniseosborne196@gmail.com))

Phone: 480-241-9297

**MEET at trailhead, 23015 N. 128<sup>th</sup> Street, 8:00 AM**

Tom's Thumb/East End Loop is an extremely challenging, 11-mile loop that includes East End, Windgate Pass and Tom's Thumb trails with many very steep and loose sections and three major climbs. It provides exceptional views of dramatic rock formations in the McDowell Mountain range throughout the hike. We will follow the Tom's Thumb trail south out of the Tom Thumb trailhead pavilion. Stay on this as it climbs past various junctions to a marked junction with the East End trail at a high saddle. Go straight on the Tom's Thumb trail at the junction. Continue on the Tom's Thumb trail first west and then south past various side trails until it ends at the Windgate Pass trail.

Turn left onto Windgate Pass trail. Follow it east over the pass to the junction with Bell Pass trail. At this point the Windgate Pass trail ends, but continue straight east on the Windmill trail a short distance to the junction with the East End trail. Turn left onto the East End trail and climb it northward to its end at the Tom's Thumb trail back at the high saddle. From there continue north on the Tom's Thumb trail back to the trailhead. We will endeavor to reenergize with some after-hike sustenance at local eatery.

**Sat, Jan 16**

Length: 11.1 miles

Rating: Difficult

Elev. Change: 2,500 ft.

**GOAT CAMP TRAIL AND WILLOW CANYON TRAIL Day Hike - White Tank Mountains**Leader: Don Mantell ([dirkbag@aol.com](mailto:dirkbag@aol.com))

Phone: 516-810-8024

**RSVP by January 21<sup>st</sup>****MEET in Fry's parking lot at 4230 W. McDowell Rd (NE corner of 43rd. Ave. & McDowell, north of I-10, exit 140), 7:00 AM**

This hike is located in the White Tanks Regional Park, which is the largest park in Maricopa County. These trails wind through secluded areas where a wide variety of desert flora are found including saguaro cactus, ocotillos, agaves, jojoba, Mormon tea and chollas. Occasionally I see deer, tarantulas, and an assortment of lizards. Great views of the desert, canyons, and distant Phoenix will be had on this hike. Be sure to wear sturdy shoes and bring at least three liters of water with something to snack on.

After the hike we may choose to visit one of the west valley's hot spots for some refreshment.

**Sat, Jan 23**

Length: 11.5 miles R/T

Rating: Moderate+

Elev Change: 1,825 ft

**JOSHUA TREE NATIONAL PARK Day Hike and Car Camp - Southeastern, CA**Leader: Phil Newell ([philnewell@yahoo.com](mailto:philnewell@yahoo.com))

Phone: 602-689-4950

**RSVP by January 22<sup>nd</sup>, we will meet at the (TBD) designated campground in the park**

We will be car camping within Joshua Tree National Park at one of the developed camp grounds, so there will be a \$20/night fee. A forward expeditionary force will hopefully snag good camp sites for those that are travelling out Friday. Those that leave early Friday morning will be hiking around some of the beautiful trails Friday afternoon and enjoy a nice evening around the camp fire, hopefully solving the world's problems. Saturday will see us hiking along some of the scenic trails within the park and enjoying the natural beauty the park has to offer.

After, once again returning to the camp fire to solve any remaining world issues. Sunday, for those that are interested will include a visit to the San Andreas fault, which I personally found to be a surreal experience, before heading back to the valley. The vehicle portion of the trip is 275 miles each way; hike leader will put the RSVP-ers in touch. **\*Note:** The Friday departure time will be morning/lunchtime.

**Fri - Sun, Jan 29 -31 \***

Length: 8 miles R/T

Rating: Moderate

**FLATIRON Day Hike - Superstitions Mountains**Leader: Chris Horan ([chrishoran@hotmail.com](mailto:chrishoran@hotmail.com))

Phone: 602-515-6764

**Sat, Feb 6**

Length: 6 miles

Rating: Difficult

**MEET in the south end of the Home Depot parking lot, Power Road, south of Hwy 60, 7:00 AM**

The appropriately named formation called the Flatiron — it looks, for all the world, like an iron — rests haughtily at 4,800 feet, at the pinnacle of the Superstition Mountains. The elevation at the jumping-off point, the Siphon Draw trailhead, is about 2,000. The trek starts near the campground at Lost Dutchman with the part of the hike we call the Tedious Trudge — 1.6 miles of rocky, irritating going on a gradual rise that leads up to and over the base of the Supes and into the maw of the Basin, a humongous natural amphitheater. This part of the hike accounts for about 1,020 feet of the total elevation gain. The heartaches begin at the 1,021st foot. There, you're greeted by a vertical view of what's in store for the next, oh, mile and 1,800 vertical feet or so. Now, 1,800 feet in one puny mile is pretty vertical — in fact, it doesn't get much more straight up than that. More daunting still, the path (loosely termed) follows a natural drainage littered with giant boulders and prickly flora. It's hard to believe you actually hiked to the top!

*To Siphon Draw Trailhead*

From Mesa follow Highway 60 East to Idaho Road. Turn North onto Idaho Road which is SR88 and follow North 2.2 miles. SR88 bends right just past Scenic St. and Idaho continues north. Be sure to go right and stay on SR88. Follow SR88 4.9 miles to the Lost Dutchman State Park. Turn right into the park. Pay the fee then follow the signs to the trailhead.

**BELL PASS / WINDGATE PASS LOOP Day Hike – Northeast Valley**Leader: Rich Flammang ([modelacoupe@att.net](mailto:modelacoupe@att.net))

Phone: 623-980-9614

**Sat, Feb 13**

Length: 9.6 miles R/T

Rating: Moderate +

Elev Change: 1,900 ft

**MEET at McDowell Sonoran Preserve, 18333 N Thompson Peak Pkwy, 8:00 AM**

This challenging loop hike is replete with two passes to climb and steep sections that provide breathtaking views of the McDowell Sonoran Preserve including Tom's Thumb. The area east of the passes is little used and feels remote, plus you will find many different flora and fauna at the various elevations all along the hike. A large desert tortoise has even been spotted on previous hikes on this trail. A shorter loop hike is available for those not looking to complete the climb through these passes, Gateway Loop is a 4.5 mile loop alternative. Following the hike we will visit a local wondering hole. This is Valentine Eve so dress in hearts and flowers!

**BEAR MOUNTAIN TRAIL Day Hike - Sedona**Leader: Don Mantell ([dirkbag@live.com](mailto:dirkbag@live.com))

Phone: 516-810-8024

**Sat, Feb 20**

Length: 4.8 miles R/T

Rating: Moderate

Elev Change: 1,700 ft

**RSVP by February 18<sup>th</sup>****MEET in Denny's parking lot, SW corner of I-17 and Bell Road, 7:00 am**

Located in the Red Rock-Secret Wilderness, Bear Mountain is quite prominent with a summit of 6,453'. The Bear Mountain Trail climbs up the south slope of the mountain ascending four plateaus. It features awesome constantly unfolding views of Doe Mountain, Boynton Canyon, Red Canyon and, at its summit, the San Francisco Peaks. On the climb up you will pass by red rock pillars, eroding sandstone cliffs, caves and small arches. Be prepared for a bit of a workout here since there are some steep sections. A Red Rock pass is required for parking at the trailhead. Plan on wearing sturdy shoes and bringing at least three liters of water. This hike, my personal favorite, is listed as one of the top ten hikes in Sedona. A stop at a local watering hole after the hike is a distinct possibility probability.

**SUPERSTITION WILDERNESS Backpack - Superstitions Mountains**Leader: Kurt Sedler ([kurt.sedler@cox.net](mailto:kurt.sedler@cox.net))

Phone: 602-339-8780

**Sat - Sun, Feb 27 - 28**

Length: 15 miles (or less)\*

Rating: Moderate

**Phone trip leader to RSVP****Depart early AM on Saturday from south end of Home Depot parking lot, Power Road, south of Hwy 60**

This will be a moderate backpack in the western Superstitions; we will connect mostly on-trail hiking with some short off-trail sections to formulate a lollipop-loop of sorts. The exact route is being prepared to take advantage of early spring water sources. \*over 2 days.

**“BLUES BLAST” BLUES FESTIVAL - Phoenix - Canned Heat is in the HOUSE!**Leader: Kurt Sedler ([kurt.sedler@cox.net](mailto:kurt.sedler@cox.net))

Phone: 602-339-8780

**Sat, Mar 5**

Length: 100 yards \*\*

Rating: Fun!

This year's gathering will be at the Margaret T. Hance Park in Phoenix and has been an annual Friend's outing for about 16 years now. It truly is a "Blast". This year's headliner is CANNED HEAT! Yes, *that* Canned Heat. So, pace yourself throughout the day so that you'll be there for that. For ticket info see > <http://www.eventbrite.com/e/blues-blast-16-tickets-18812617044>  
The festival begins at 11 AM (doors open @ 10:00), and runs to about 5-6. Children 12 and under are always **free** at Blues Blast. Coolers or outside food and beverages may **not** be brought into the Amphitheatre, but sealed bottles of water (up to 1 liter) are permitted. Concessions, including alcohol, will be available for purchase. Bring a blanket for festival seating ... low beach/lawn chairs/umbrella if it is warm are OK too. Video cameras are *not* permitted, but still cameras may be used. Remember to bring your hat and sunscreen! The park is super-close to the light rail (250 yards), so if that works for you it is really convenient.

**FOUR PEAKS Day Hike - Brown's Peak**Leader: Stan Backenstoss ([sbackenstoss@gmail.com](mailto:sbackenstoss@gmail.com))

Phone: 480-620-3775

**MEET in the south end of the Home Depot parking lot, Power Road, south of Hwy 60, 8:00 AM**

We will drive to the Lone Pine TH on FR 648 (high clearance vehicle is recommended) and begin our hike down the Oak Flat Trail to the seldom traveled Amethyst Trail. We gently ascend to Brown's Saddle where outstanding vistas await us. If so inclined we can bag Brown's Peak before returning back on the Brown's Saddle Trail. Be prepared for cooler weather.

**Sat, Mar 12**

Length: 5+ miles

Rating: Moderate -

**PICKETPOST MOUNTAIN SUMMIT Day Hike - Superior**

Leader: Norm Frasier

Phone: 480-282-0195

**Phone hike leader to RSVP****MEET in the south end of the Home Depot parking lot, Power Road and US-60, 8:00 AM**

A short hike in our own back yard located near Boyce Thompson Arboretum. This steep, unmaintained trail will take you to some astonishing views of the Superstitions, Four Peaks, and even the Catalinas. There is a red mailbox with a guest book for you to sign and read while you take in the views and a snack. From Picketpost trailhead, it is about 4 miles *round trip*, and most of it is rated as moderate. The last portion includes climbing up the steep and loose rocky trail, that to some, will be a white knuckle climb to the top. It is about 2,000 ft elevation change, and most of it in the last 1.5 miles, but the views on a clear day are very good and are a must see. There are restrooms at the trailhead, but no water so plan on bringing all you'll need. A picnic after the hike or a visit to 'Porter's' in Superior is a possibility.

**Sat, Mar 19**

Length: 4 miles R/T

Rating: Moderate/Difficult

Elev Change: 1,920 ft +

**SOUTH FORK DEER CREEK LOOP Day Hike - Mazatzals**Leader: Kim Hemmersbach ([hemmersbachkim@gmail.com](mailto:hemmersbachkim@gmail.com))

Phone: 480-343-4509

**MEET in Target Parking lot, 16825 E Shea Blvd, 7:00 AM sharp!**

We will start out our hike on the South Fork Deer Creek trail. The trail soon drops into the stream bed and soon the canyon deepens. Sycamores and cottonwoods will shade the trail and depending on the winter weather, there could be water in the creek. Near the head of the canyon, the trail swings south and climbs steeply. The last mile passes through a fine stand of ponderosa pine and Douglas fir. We will loop into the Gold Ridge trail for our return path. This will be a long day hike, so bring snacks for when you finish the hike and when everyone is back, we will head into Fountain Hills to enjoy ourselves at a local establishment for food and beverages.

**Sat, Mar 26**

Length: 11.8 miles R/T

Rating: Moderate/Difficult

Elev Change: 2,780 ft

**CHECK THE WEBSITE FOR ANY HIKE CHANGES...[www.friendshiking.com](http://www.friendshiking.com)**

**Remember to carpool when possible and share the cost of the drive!  
Thanks to all hikers who are willing to drive!**

**Help keep the Club *on its feet!***

**Attend the next planning meeting on February 1st  
with suggestions of trails to explore and areas to visit**

**Interested in leading a hike?  
Your participation is welcomed and encouraged!**

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*Friends Hiking, Camping, and Outdoor Club*

C/O Kurt Sedler  
50 East Myrna  
Tempe, AZ 85284

