



SEASONAL FITNESS CHALLENGE

FALL TIP 3

Fall Hiking Trails



Yes, even Tucson starts to experience reductions in temperature as fall approaches. It may not be much but it does happen! Use this opportunity to hit some of the beautiful hiking trails our town has to offer. It is still important to plan your hikes around the cooler parts of the day and observe standard safety rules, try the tips below to maximize your hiking experience.

- Hike in the early morning or late evening to avoid peak temperatures.
- Wear sun protection: sunscreen, hats, UV protectant clothing.
- Dress for your trail: hiking boots if applicable, layers, bug deterrent.
- Plan your bag: bring snacks, water, wipes, whistles, sunscreen, a solar portable battery, cell phone, etc.
- Hydrate! No matter how much temperatures have dropped, bring adequate water and stop regularly to drink even if you don't feel thirsty.

Top 5 Tucson Hiking Spots

Seven Falls Trail



Nestled in the Santa Catalina Mountains, Seven Falls is a moderately difficult 8.7 mile round trip hike. It will wear you out but the beauty is so worth it! When the snow on the mountains is melting or there has been a lot of rain the water flows down the mountain side, so be sure to bring water friendly footwear because you will have to cross water (two times if it is really flowing!). Cool off and have a snack at the top in the crisp waterfall.

Douglas Springs Trailhead



Follow Speedway Blvd eastbound toward the Rincon Mountains to find this multi-option hiking trail. While the entire trail boasts a hefty 16.6 miles of hiking, there are options big and small to choose from. There is no shade so be sure to prepare accordingly, and bring a camera for the wildlife you may encounter! This trail is monitored by park rangers and does offer camping accommodations (reach out to Parks and Recreation for more information. If you do follow the trial in its entirety, you will be rewarded with a beautiful waterfall.



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Sarasota Trailhead



Located east of Tucson Estates, Sarasota Trailhead provides an avenue for biking, hiking, or running. It provides access to Tucson Mountain Park, with winding trails to highlight the desert beauty and provide a challenging workout. Make sure you wear suitable footwear and a mask as a precaution, as the trail can be dusty and rocks loose.

Soldier Trail



Off of Catalina Highway, Soldier Trail is not for the faint of heart. It is a challenging hike that will rev up your heartrate as you quickly climb in elevation, making it better suited for more seasoned hikers. If you are a beginner, just make sure you do not go alone! At just around 5 miles round trip, you will take a trip through beautiful desert brush and prison ruins from the 1930's that most people don't know exist. If there has been heavy rainfall you may even get to see some streams or waterfalls, and will certainly see some desert wildlife such as deer and coyotes.

Chiva Falls Trail



Rated as a moderate to difficult hike, Chiva Falls Trail is a trail off of Redington Road. The trail is set in the Rincon Mountains with the waterfall resting in the San Joaquin Canyon. This trail provides options for hikers, bikers, and off-roaders alike. The trail is 8.6 miles round trip and dog friendly so bring Fido! When rainfall has been steady there are waterfalls and creeks to dip your toes into, just ensure you are wearing appropriate footwear to avoid falls and rough terrain.