

Bear Canyon Trailhead

Access to Seven Falls, Blacketts, Phoneline Trails

This sign was made possible by The Friends of Sabino Canyon in cooperation with the US Forest Service.

WARNING:

The Southern Arizona Rescue Association averages 10 emergency calls per year in this area. High heat and low humidity can cause dehydration.

While hiking, always have with you:

- Sturdy shoes
- ► Plenty of water (more than you think you need)
- ► A fully charged cell phone
- ➤ Snacks with salt or electrolytes
- ► A small flashlight or headlamp
- ► Jacket or extra clothing for the season
- ► Sun protection

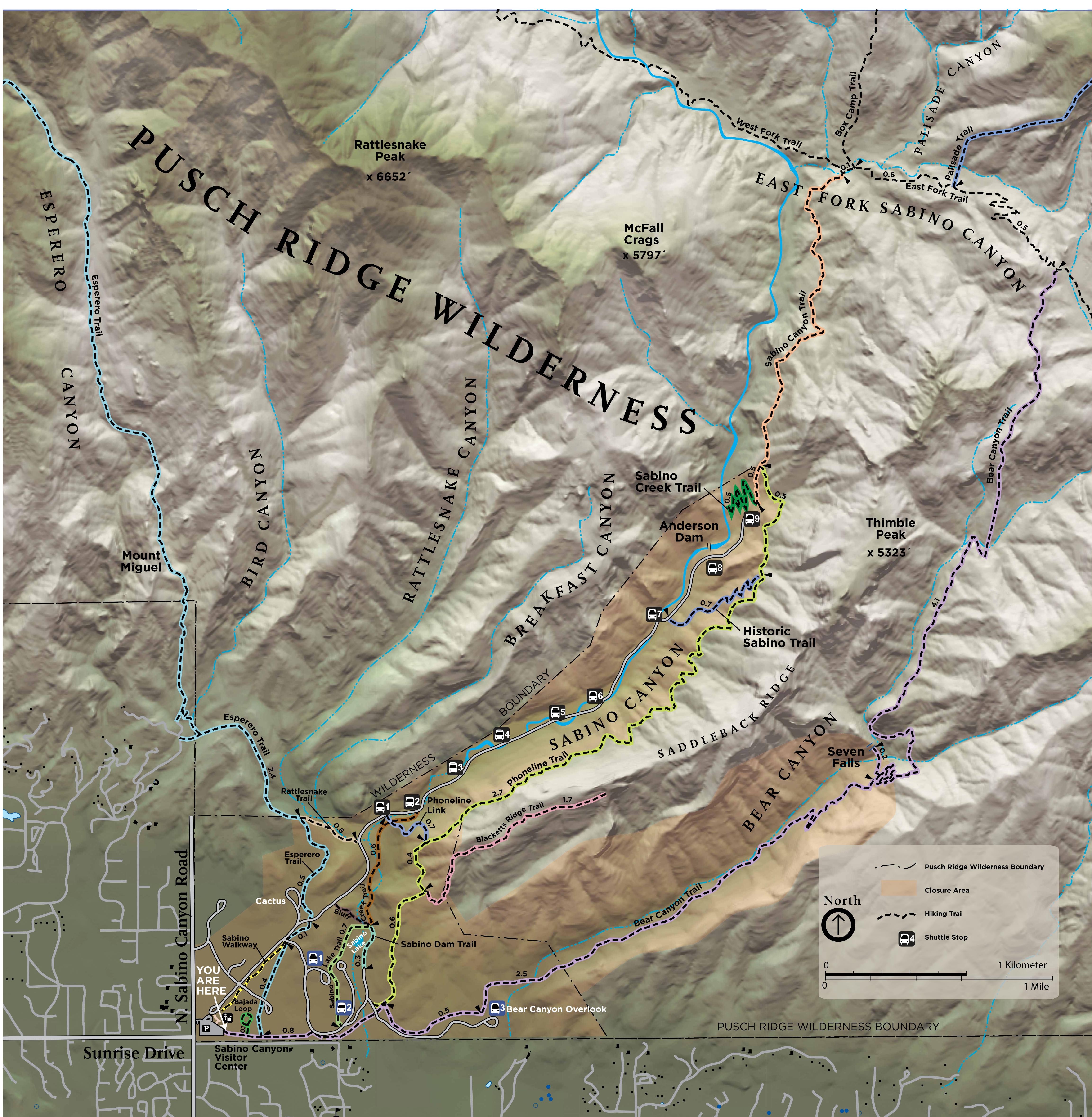


Leave No Trace Seven Principles

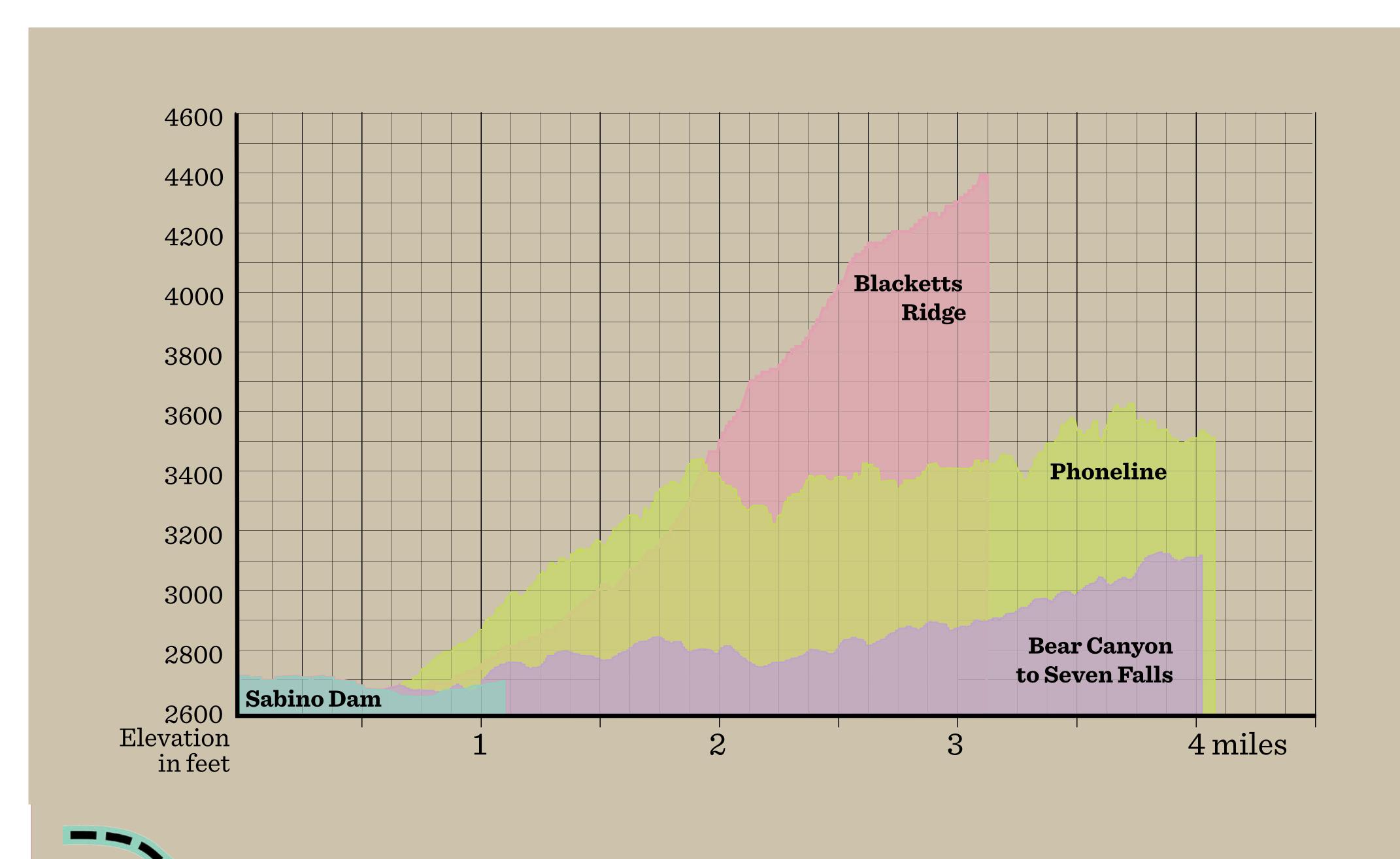
- 1. Plan Ahead and Prepare
- 2. Travel and Camp on Durable Surfaces
- 3. Dispose of Waste Properly
- 4. Leave What You Find
- 5. Minimize Campfire Impacts
- 6. Respect Wildlife
- 7. Be Considerate of Other Visitors

Trail Etiquette

- ► Stay on the trail. Do not cut switchbacks or take shortcuts.
- ► Stay to the right on wider paths.
- ► When overtaking someone, let them know you are approaching and will be passing on their left.
- ► Whenever you stop for a view, a rest, or to yield, move off the trail so it is free for others.
- ► Hikers going uphill have the right of way.
- ► Hikers in larger groups have the right of way.
- ► When hiking in a group, hike single file.







Sabino Dam

1.8 Miles round trip. 0 elevation gain. Rated as easiest.

Bear Canyon Trail to Seven Falls

8 Miles round trip. 640 foot elevation gain. Rated as moderate.



Phone Line Trail to Tram Stop 9 in Upper Sabino Canyon

10.4 Miles round trip. 955 foot elevation gain. Rated as moderate.

Blacketts Ridge Trail to Summit

6 Miles round trip. 1685 foot elevation gain. Rated as difficult. For reference and perspective, the Empire State Building is 102 stories and 1250 feet tall.

Please Keep in Mind

The average hiker will travel 1.5 miles per hour.

Drink a minimum of 1/2 liter of water per hour when hiking.

Plan according and ahead for your needs before you embark on the trail.

Be sure to pay all fees before using the recreation area.

For more information and recommendations on hikes based on level of challenge, terrain, and your time availability, please come into the visitor center.



www.whateverthesiteis.org