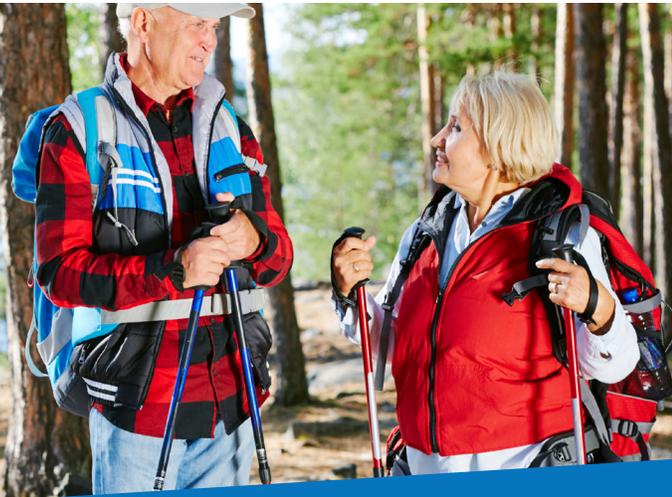


Hiking & Outdoors



Fall 2020



SONORAN CONSERVANCY OF FOUNTAIN HILLS

Visit www.scfh.org for more information!



Check out our trails online!
www.fh.az.gov

Register Online

Visit www.fh.az.gov/recreation

Have a questions about a program?
Call us at 480-816-5100

Get to Know Your Botanical Garden

Meet at Botanical Gardens • Ages 18 & up
*Wed./**Fri. • 8:00 - 10:30 am • Free
Limit 10 people • Pre-registration required

Course	Date
*5274.....	10/28
**5276.....	12/4

NEW - Invasive Plants

Meet at Community Center • Ages 18 & up
Wednesday • 5:30 - 7:30 pm • Free
Limit 10 people • Pre-registration is required.

Course	Date
5275.....	11/4

Sonoran Conservancy Fall Hikes

Meet at Library • Ages 18 & up • Friday • Free
Limit 10 people • Pre-registration is required.

Course	Date
5296 - Double Crusted Saguaro.....	11/13 (8 am - 1 pm)
5297 - Walk Off the Turkey.....	11/27 (8 am - 2 pm)
5303 - Sonoran Trails.....	11/13 (8 am - 12pm)
5305 - Granite Mountain Loop...	12/18 (8 am - 1 pm)

Sonoran Conservancy Botanical Garden Walk and Talk Programs

Meet at Community Center • Ages 18 & up • Saturday
Free • 9:00 am - 12:00 pm • Limit 10 people
Pre-registration is required.

Course	Date
5361 - You Can't Judge a Rock by It's (Surface) Cover.....	10/24
5362 - Surviving & Thriving in the Sonoran Desert.....	11/21



[f @FHParksAndRec](https://www.facebook.com/FHParksAndRec)

[i @FountainHillsRec](https://www.instagram.com/FountainHillsRec)

[480-816-5100](tel:480-816-5100)

fh.az.gov/recreation

NEW - Sonoran Conservancy of Fountain Hills Botanical Garden Walk and Talk Programs

5361-You Can't Judge a Rock by It's (Surface) Cover
The Fountain Hills Botanical Garden presents a microcosm of the interesting geology of Fountain Hills. Dan Gruber will talk about the rocks in the garden; what they are, how they frame the stories they tell, and their importance to the ecosystem of Fountain Hills and the surrounding area. Meet at the Community Center for a talk by Bernie Finkel followed by an interpretive walk through the Botanical Garden

5362 - Surviving & Thriving in the Sonoran Desert
The Fountain Hills Botanical Garden presents an overview of how the Native Americans of the Sonoran Desert used and related to their plants. Meet at the Community Center for a talk by Bernie Finkel followed by an interpretive walk through the Botanical Garden



Hiking & Outdoors Talks

Community Center • Ages 16 and up • \$5
Pre-registration required

Essentials for Desert Hiking

Tuesday • 6:00 - 7:00 pm

Course 5141.....**Date** 10/13

Desert hiking season is upon us, yeah! So to get you prepared (or as a refresher), we will discuss 10 essential pieces of gear you need for any desert hiking or backpacking trip (plus a few honorable mentions). Plus we will talk about those items that you may think you need but really don't, so you can leave those behind and save a little space and weight.

Easy to Moderate Phoenix Day Hikes

Saturday • 10:00 - 11:00 am

Course 5142.....**Date** 11/21

Looking for hikes in the Phoenix area that don't require steep mountain trails to enjoy? This seminar will present trails in the area that aren't as physically demanding as the popular Camelback or Piestewa Peak. The hikes covered are great choices if you are looking to get into hiking as an activity and are also fun family hikes with kids.

Great Hikes in the Phoenix Area - that are not Camelback

Tuesday • 6:00 - 7:00 pm

Course 5143.....**Date** 12/15

This seminar is about our favorite hikes that are not Camelback (and probably Piestewa Peak). Since there are so many and we only an hour, we will focus on the hikes that have a similar elevation change to Camelback.

Virtual Programs and Activities

www.fh.az.gov

Check out the Fountain Hills Parks and Recreation's Virtual Programs page! On this page you will find fun, engaging, and active resources to help get us through these unique times. We are committed to providing our community with resources to help them maintain healthy lives, create memorable experiences, and continue to recreate. Our Virtual Programs page will help you and your loved ones with ideas to stay healthy, entertained, and informed.

- Family Fun
- Virtual Tours
- Stay Active
- Arts and Crafts

The Health Benefits of Hiking

Physical Exercise

- Building stronger muscles and bones
- Improving your sense of balance
- Improving your heart health
- Decreasing the risk of certain respiratory problems

Mental Health

You don't have to go it alone next time you lace up your hiking boots. Grab a friend, neighbor, or family member for more fun on the trail. Hiking with a partner, or even in a group, can improve the strength and health of your relationships.



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