McDOWELL MOUNTAIN REGIONAL PARK

MONTHLY PROGRAMS

PARK HOURS:
Sunday – Thursday: 6 a.m. – 8 p.m.
Friday – Saturday: 6 a.m. – 10 p.m.
365 days a year

NATURE CENTER HOURS:
Sunday – Saturday: 8 a.m. – 4 p.m.

PARK FEES:
$6 vehicle day-use entry fee (no additional fees for programs, unless otherwise noted)

ONLINE RESERVATIONS:
http://www.maricopacountyparks.org/

DIRECTIONS:
From central Phoenix, take Loop 202 east to Beeline Highway (SR 87). Continue northeast on SR 87 to Shea Blvd. Travel west on Shea Blvd. to Saguaro Blvd.; turn north. Continue through Town of Fountain Hills to Fountain Hills Blvd; turn right and travel four miles to the McDowell Mountain Regional Park entrance.

JANUARY 2017
FEATURED PROGRAMS

The Sonoran Desert in a Nutshell
Date: 1/5/2017   Time: 11 a.m.
Description: Join the Ranger for a brief introduction to the Sonoran Desert! If you are just visiting the area, this will be a great way for you to get an overview of the Sonoran Desert environment. We will discuss answers to common questions like “what makes all the holes”, “what do I do if I see a rattlesnake”. Program will be held outside at the Visitor Center.
Core: Outdoor Skills

Mountain Bike Fun Group Ride
Date: 1/8/2017   Time: 10 a.m.
Description: Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 10:00am, so please arrive early for any prep time you may need. Look for the A frame sign to find group. Meet at the Trailhead Staging Area.
Core: Outdoor Skills

Desert Tortoise Talk
Date: 1/21/2017   Time: 10 a.m.
Description: Did you know that we have desert tortoises that live in the wild? What would you do if you saw one of these amazing animals? Learn about these unique creatures and their unique habitat at our Visitor Center. The tortoises will be resting for the winter months, so no live animals will be used in this program.
Core: Animals

Self-guided Hike on the North Trail
Date: 1/28/2017   All Day
Description: The North Trail is the most popular hiking trail in the McDowell Mountain Regional Park. It is a 3-mile loop trail that has an accompanying interpretive pamphlet. It is rated as “easy” and suitable for most folks who want to get out and enjoy a hike. Come out and enjoy a walk, at your own pace. Interpretive pamphlets are available at the trailhead. Stop by the Visitor Center if you need directions!
Core: Plants

Sunset Walk
Date: 1/12/2017   Time: 5 p.m.
Description: Have you ever ventured out into the desert at night? If not, now is your chance! Join the Ranger for this hike that will begin as the sun sets, but will end in the light of the full moon. Bring flashlights and come prepared for a 3-mile hike. Meet at the Trailhead Staging Area.
Core: Outdoor Skills

Maricopa County
Parks and Recreation Dept.
McDowell Mountain Regional Park
16300 McDowell Mountain Park Drive
MMRP, AZ 85255
Ph: 480-471-0173
Fax: 480-471-3523
mcdowellpark@mail.maricopa.gov
MONTHLY EVENTS

Mountain Bike Fun Group Ride
Date: 1/1/2017 Time: 9 a.m.
Description: Start off the New Year and meet your goal to get in shape! Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 9:00am, so please arrive early for any prep time you may need. Look for the A frame sign to find group. Meet at the Trailhead Staging Area. Please contact amyroberts@mail.maricopa.gov with any questions.
Core: Health & Fitness

Get Lost in the Desert
Date: 1/7/2017 Time: 2 p.m.
Description: This is a non-hiking program designed to help you “get lost” from the demands of everyday life. Ranger Amy will guide you through some activities that will allow you to spend time losing yourself in the great outdoors. Disconnect from stress and connect with nature as we enjoy some “trail therapy”. Gain a better understanding of the desert around you. Get inspired by being out in nature. Enjoy some relaxation on this outdoor journey. Meet at the Nursery Tank Trailhead. We will do some slow walking- you may go as far as you wish, but the trail is only 0.6 mile. The trail is ADA accessible, so it is suitable for all physical abilities.
Core: Health & Fitness

The Sonoran Desert in a Nutshell
Date: 1/5/2017 Time: 11 a.m.
Description: Join the Ranger for a brief introduction to the Sonoran Desert! If you are just visiting the area, this will be a great way for you to get an overview of the Sonoran Desert environment. We will discuss answers to common questions like “what makes all the holes”, “what do I do if I see a rattlesnake”. Program will be held outside at the Visitor Center.
Core: Outdoor Skills

Friday Fitness Hike – Dixie Mine
Date: 1/6/2017 Time: 8 a.m.
Description: This hike begins from the Dixie Mine Trailhead at the end of Golden Eagle Blvd in Fountain Hills. (The trailhead is the same as that for the Sonoran Trail.) Hike distance will be between 8-12 miles. Participants should have previous hiking experience. Park access from this trailhead is “hike only” so please come prepared with a $2 park entrance fee. Please make sure to have enough water, comfortable shoes and clothing, and a hat. Hike led by Kevin B.
Core: Health & Fitness

Scorpions and Tarantulas
Date: 1/7/2017 Time: 10 a.m.
Description: Are you new to Arizona (or just visiting) and curious about our desert critters? Join the Ranger for a talk about these seemingly scary creatures. We have live animals on display in the Nature Center so you can see them up close, but not by surprise. Meet at the Nature Center.
Core: Animals

Sunset Walk
Date: 1/12/2017 Time: 5 p.m.
Description: Have you ever ventured out into the desert at night? If not, now is your chance! Join the Ranger for this hike that will begin as the sun sets, but will end in the light of the full moon. Bring flashlights and come prepared for a 3-mile hike. Meet at the Trailhead Staging Area
Core: Health & Fitness

Mountain Bike Fun Group Ride
Date: 1/8/2017 Time: 10 a.m.
Description: Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 10:00am, so please arrive early for any prep time you may need. Look for the A frame sign to find group. Meet at the Trailhead Staging Area. Please contact amyroberts@mail.maricopa.gov with any questions.
Core: Outdoor Skills

Self-guided Hike on the North Trail
Date: 1/14/2017 Time: All Day
Description: The North Trail is the most popular hiking trail in the McDowell Mountain Regional Park. It is a 3-mile loop trail that has an accompanying interpretive pamphlet. It is rated as “easy” and suitable for most folks who want to get out and enjoy a hike. Come out and enjoy a walk, at your own pace. Interpretive pamphlets are available at the trailhead. Stop by the Visitor Center if you need directions!
Core: Plants

Mountain Bike Fun Group Ride
Date: 1/15/2017 Time: 9 a.m.
Description: Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 9:00am, so please arrive early for any prep time you may need. Look for the A frame sign to find group. Meet at the Trailhead Staging Area. Please contact amyroberts@mail.maricopa.gov with any questions.
Core: Health & Fitness

Ranger-led Hike on North Trail
Date: 1/19/2017 Time: 10 a.m.
Description: Join the Ranger on the 3-mile North trail for a hike surrounded by beautiful Sonoran Desert! We will make a few stops along the way to discuss the plants and cacti of the area and the strategies that help them thrive in a harsh desert landscape. Meet at the North Trailhead.
Core: Plants

Friday Fitness Hike - 4 Peaks
Date: 1/20/2017 Time: 8 a.m.
Description: This week’s hike will begin from the Wagner Trailhead. Hike distance will be between 8-12 miles. Participants should have previous hiking experience. Bring plenty of water, and snacks and make sure to have comfortable shoes & clothing. Hike will be led by Kevin B.
Core: Health & Fitness

Moon Hike
Date: 1/13/2017 Time: 7 p.m.
Description: Have you ever ventured out into the desert at night? If not, now is your chance! Join the Ranger for this guided night hike by light of the full moon. Bring flashlights and come prepared for about a 2-mile hike. Meet at the Competitive Track. (First left turn past entry station into park)
Core: Outdoor Skills

Get Lost in the Desert
Date: 1/7/2017 Time: 2 p.m.
Description: This is a non-hiking program designed to help you “get lost” from the demands of everyday life. Ranger Amy will guide you through some activities that will allow you to spend time losing yourself in the great outdoors. Disconnect from stress and connect with nature as we enjoy some “trail therapy”. Gain a better understanding of the desert around you. Get inspired by being out in nature. Enjoy some relaxation on this outdoor journey. Meet at the Nursery Tank Trailhead. We will do some slow walking- you may go as far as you wish, but the trail is only 0.6 mile. The trail is ADA accessible, so it is suitable for all physical abilities.
Core: Health & Fitness

Get Lost in the Desert
Date: 1/7/2017 Time: 2 p.m.
Description: This is a non-hiking program designed to help you “get lost” from the demands of everyday life. Ranger Amy will guide you through some activities that will allow you to spend time losing yourself in the great outdoors. Disconnect from stress and connect with nature as we enjoy some “trail therapy”. Gain a better understanding of the desert around you. Get inspired by being out in nature. Enjoy some relaxation on this outdoor journey. Meet at the Nursery Tank Trailhead. We will do some slow walking- you may go as far as you wish, but the trail is only 0.6 mile. The trail is ADA accessible, so it is suitable for all physical abilities.
Core: Health & Fitness
Horse Staging Area
Date: 1/20/2017  Time: 8 a.m.
Description: This week’s hike will begin from the 4 Peaks Horse Staging Area. Hike distance will be between 8-12 miles. Participants should have previous hiking experience. Bring plenty of water, and snacks and make sure to have comfortable shoes & clothing. Hike led by Kevin B.
Core: Health & Fitness

Desert Tortoise Talk
Date: 1/21/2017  Time: 10 a.m.
Description: Did you know that we have desert tortoises that live in the wild? What would you do if you saw one of these amazing animals? Learn about these unique creatures and their unique habitat at our Visitor Center. The tortoises will be resting for the winter months, so no live animals will be used in this program.
Core: Animals

Become a Jr. Ranger
Date: 1/21/2017  Time: 11 a.m.
Description: Bring your kids (ages 4-12) out to the park for this “on your own” program. Stop by the Nature Center between 11am-12pm to pick up the Junior Ranger Booklet. Head outside to complete the required activities and have fun! Return to the park’s Visitor Center when you’re finished to pick up the Jr. Ranger badge you earned! You can complete the activities in this program in 1-2 hours. (Please note that the Visitor Center closes at 4pm.)
Core: Outdoor Skills

Reptile Feeding
Date: 1/21/2017  Time: 1:30 p.m.
Description: The Sonoran Desert is known for its many species of reptiles. Learn more about these fascinating creatures as they enjoy a meal. How often do you get the chance to see a snake eat?! Program takes place at the Visitor Center.
Core: Animals

Mountain Bike Fun Group Ride
Date: 1/22/2017  Time: 10 a.m.
Description: Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 10:00am, so please arrive early for any prep time you may need. Look for the A frame sign to find group. Meet at the Trailhead Staging Area. Please contact amyroberts@mail.maricopa.gov with any questions.
Core: Health & Fitness

Extreme Homes - Sonoran Desert Version
Date: 1/26/2017  Time: 2 p.m.
Description: Would you recognize some of the Sonoran Desert’s most unusual homes? Put your imagination to the test as Ranger Amy tests your observation skills and knowledge about animal habitats in the desert. Program held outside at the Visitor Center.
Core: Plants

Friday Fitness Hike - Tom’s Thumb
Date: 1/27/2017  Time: 8 a.m.
Description: This week’s hike starts OUTSIDE OF THE PARK at the Tom’s Thumb Trailhead, off of 128th Street in Scottsdale (off of Dynamite). This is a difficult hike that involves a good amount of elevation and loose rocks. A hiking pole is recommended for this hike that starts in the McDowell Sonoran Preserve. Hike will be between 8-12 miles. Please call the Park if you need directions to the Trailhead. Bring plenty of water, and snacks and make sure to have comfortable shoes & clothing. Hike will be led by Kevin B.
Core: Health & Fitness

Campground Bird Walk
Date: 1/27/2017  Time: 8:30 a.m.
Description: Bring your binoculars! We will take a slow walk through the campground area to look for birds. (If you don’t have binoculars, we will have a few pairs available to borrow). Come out and enjoy a relaxing morning with fellow nature lovers. Meet at the Visitor Center.
Core: Animals

Self-guided Hike on the North Trail
Date: 1/28/2017  Time: All Day
Description: The North Trail is the most popular hiking trail in the McDowell Mountain Regional Park. It is a 3-mile loop trail that has an accompanying interpretive pamphlet. It is rated as “easy” and suitable for most folks who want to get out and enjoy a hike. Come out and enjoy a walk, at your own pace. Interpretive pamphlets are available at the trailhead. Stop by the Visitor Center if you need directions!
Core: Plants

Mountain Bike Fun Group Ride
Date: 1/29/2017  Time: 9 a.m.
Description: Beginner friendly, but all skill levels are welcome. No rider will be left behind. Distances and trails will vary each ride depending on the group. Join other like-minded folks to hit the trails in a supportive, non-threatening environment. Ride will be led by a park volunteer(s). Riders must wear a helmet and BYOB (Bring Your Own Bike). Wheels down at 9:00am, so please arrive early for any prep time you may need. Look for the A-frame sign, to find group. Meet at the Trailhead Staging Area. Please contact amyroberts@mail.maricopa.gov with any questions.
Core: Health & Fitness

STAFF:
Park Supervisor: Shayla Gunn
Interpretive Ranger: Amy Roberts
Office Asst.: Jeanine O’Reilly
Maintenance: Mark Ostapczuk

MESSAGE FROM THE PARK SUPERVISOR:

Thank you for your continued support and interest in McDowell Mountain Regional Park. We realize that you have a choice when it comes to selecting recreation venues and appreciate your business!

Sincerely,
Shayla Gunn

WHAT TO BRING:

Please wear closed-toe shoes or boots for most programs, and bring plenty of drinking water. See descriptions below for specifics.

Notes: Fees for our programs are included in the park entry fee of $6 per vehicle or with your annual pass or camping fee. Reservations are not required unless specified in the program description. Hikes/programs are canceled if heavy inclement weather is imminent. If possible, canceled hikes will be posted on our website.

MEDIA PARTNERS:
Thank you for helping us advertise McDowell Mountain Regional Park’s programs and events! Please include Ranger Amy’s email address – amyroberts@mail.maricopa.gov - in your postings so park visitors can contact the park directly for with general questions about programs, updates, and changes.