

# ESTRELLA MOUNTAIN REGIONAL PARK

## JANUARY PROGRAMS



**Maricopa County**  
Parks and Recreation Dept.  
Estrella Mountain Regional Park  
14805 W. Vineyard Ave.  
Goodyear, AZ 85338  
(602) 506-2930 ext. 6



CONNECTING PEOPLE WITH NATURE

### PARK HOURS:

Sunday – Thursday: 6 am – 8 pm  
Friday – Saturday: 6 am – 10 pm

### NATURE CENTER HOURS:

**SUMMER (05/07 - 10/08)**  
Monday thru Saturday: 8 am – 3 pm  
Sunday: Closed

**WINTER (10/09 – 05/06)**  
Sunday thru Saturday: 8 am – 4 pm

### ADMIN. OFFICE HOURS:

Monday – Friday: 8 am – 4 pm

### 📍 PARK FEES:

\$7 per vehicle day-use entry fee (no additional fees for programs, unless otherwise noted)

### 📍 DIRECTIONS:

From central Phoenix, take I-10 west to Estrella Parkway exit. Travel south to Vineyard Ave. Turn east on Vineyard Ave. to the Estrella Mountain Regional Park entrance on the south side.

### 💻 WEBSITE:

<https://www.maricopacountyparks.net/park-locator/estrella-mountain-regional-park/>

### ✉ EMAIL ADDRESS:

[maricopacountyparks@mail.maricopa.gov](mailto:maricopacountyparks@mail.maricopa.gov)

### 📘 FACEBOOK PAGE:

<https://www.facebook.com/EstrellaMtnPark/>

### STAFF:

**Park Supervisor:** Don Harris  
**Interpretive Ranger:** Amanda Rothermal  
**Park Office Asst.:** Bruce Zavoda  
**Park Entry Station:** Lana Blackham  
**Maintenance:** Richard Castillo and Gary Morical

### Welcome to the Sonoran Desert

**Date:** 1/2/2020 **Time:** 1 p.m.

**Description:** The desert is a wonderfully rich and diverse habitat that humans have called home for centuries. Join us in the Nature Center as we learn about the unique traits of the Sonoran Desert and why life is so ubiquitous in such a harsh landscape! Meet at the Nature Center.

**Core:** Plants

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### Estrella Long Hike

**Date:** 1/3/2020 **Time:** 7 a.m.

**Description:** Join us for one of the most scenic adventures in the park! This 10.1 mile hike will take us to large quartz deposits, teddy bear cholla and ocotillo fields, and past ancient Hohokam ruins. The trek will take approximately 4.5 hours. Be prepared with at least one gallon of water and heavy snacks. Meet at the Rainbow Trailhead.

**Core:** Health & Fitness

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### Archery 101

**Date:** 1/4/2020 **Time:** 8 a.m.

**Description:** Interested in archery? Curious about how to shoot a bow? Come to Estrella Park and find out! You will discover how fun archery really is! Participants will experience a fun and safe introduction to recreational and international-style target archery. Equipment will be provided. This class is open to anyone ages 8 and up.

\*\*\*Registration is required. To register or for more information please email Ranger Amanda at [amanda.rothermal@maricopa.gov](mailto:amanda.rothermal@maricopa.gov) This

class will have sessions at 8 am, 10 am, and 1 pm. Minors must be accompanied by an adult. Please bring water and closed-toe shoes. Meet at the Nature Center.

**Core:** Outdoor Skills

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### Friends and Fitness Hike

**Date:** 1/5/2020 **Time:** 8 a.m.

**Description:** Let's get moving! Join Estrella Park volunteer Sandy on a fitness hike! Get in a great workout while enjoying the desert landscape and views. Bring good shoes and plenty of water and meet at the Rainbow Trailhead.

**Core:** Health & Fitness

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### Friends and Fitness Hike

**Date:** 1/5/2020 **Time:** 1 p.m.

**Description:** Let's get moving! Join Estrella Park volunteer Wanda on a fitness hike! Get in a great workout while enjoying the desert landscape and views. Bring good shoes and plenty of water and meet at the Nature Center.

**Core:** Health & Fitness

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### Fitness Thursday

**Date:** 1/9/2020 **Time:** 8:30 a.m.

**Description:** Explore Estrella's beautiful trails and views while getting in a great workout! These 3-5 mile hikes will have you feeling great in no time! Please bring plenty of water and close-toed shoes and meet at the Nature Center.

**Core:** Health & Fitness

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### Birds of Estrella

**Date:** 1/11/2020 **Time:** 8 a.m.

**Description:** Explore the bird life of Estrella Park with special guest guide Joe Ford. With our wide range of habitat types, we have some of the best birding in the valley! Whether you've been working on your life list for decades or you're a brand new birder, you can enjoy this opportunity to spot and observe many bird species. Bring plenty of water and close-toed shoes and meet at the Nature Center. Rain cancels event.

**Core:** Animals

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### Raptors

**Date:** 1/11/2020 **Time:** 11 a.m.

**Description:** This power-point program, explores the world of raptors (orders Falconiformes and Strigiformes). From vultures to condors, hawks to eagles, falcons and falconets, and of course owls: the ecology of these unique carnivores is explored. Eagles build the largest nests found in the avian world: Peregrine Falcons fly at ~200 mph while "stooping", owls have some of the most flexible neck vertebrae in the bird world and super acute hearing. It's a world of the highest soaring birds and small, sparrow like birds with such great agility they can dodge trees in thick forests as they pursue their prey. Raptors, birds among the most ferocious in the world. Presentation held in the Nature Center

**Core:** Animals

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### Moonrise Hike

**Date:** 1/11/2020 **Time:** 6 p.m.

**Description:** Here's a chance to explore the desert at night! Treat yourself to this relaxing hike in the peace of the desert outdoors. Clear your mind and feel refreshed by getting up and out! Bring water, close toed shoes, and meet at the Baseline Spur Trailhead.

**Core:** Astronomy

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### Desert Campfire

**Date:** 1/11/2020 **Time:** 7 p.m.

**Description:** Come celebrate our beautiful desert! We'll enjoy a lovely campfire, hear some stories and take the time to appreciate the life around us. Meet at the Nature Center.

**Core:** Entertainment & Social Skills

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### Trail Talk

**Date:** 1/5/2020 **Time:** 11 a.m.

**Description:** Find the Ranger at the Rainbow trailhead and see what surprises she has for you! This is an open forum to ask about the many plants, animals, and trails in Estrella Park, see you there!

**Core:** Animals

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### Homeschool Happenings

**Date:** 1/17/2020 **Time:** 10 a.m.

**Description:** Homeschool Happenings is a twice monthly program series designed for parents and students that are seeking to enhance their education in the natural history fields. The goal is to create a well-rounded experience of our natural areas with hands-on and interdisciplinary learning. All programs will meet at the Estrella Park Nature Center. Please note that for all programs, water and close-toed shoes are required.

**Core:** Entertainment & Social Skills

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### Friends and Fitness Hike

**Date:** 1/17/2020 **Time:** 2 p.m.

**Description:** Let's get moving! Join Estrella Park volunteer Wanda on a fitness hike! Get in a great workout while enjoying the desert landscape and views. Bring good shoes and plenty of water and meet at the Horseshoe Trailhead.

**Core:** Health & Fitness

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### Fitness Thursday

**Date:** 1/23/2020 **Time:** 8:30 a.m.

**Description:** Explore Estrella's beautiful trails and views while getting in a great workout! These 3-5 mile hikes will have you feeling great in no time! Please bring plenty of water and close-toed shoes and meet at the Nature Center.

**Core:** Health & Fitness

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### Friends and Fitness Hike

**Date:** 1/25/2020 **Time:** 10 a.m.

**Description:** Let's get moving! Join Estrella Park volunteer Wanda on a fitness hike! Get in a great workout while enjoying the desert landscape and views. Bring good shoes and plenty of water and meet at the Horseshoe Trailhead.

**Core:** Health & Fitness

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### PARK NOTES:

**What to Bring:** Please wear sturdy shoes (closed-toe), dress appropriately for the weather and bring more water than you think you will need. See descriptions for specifics. Fees for guided hikes and programs are included in the park entry fee or with your annual pass. 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 the website.

**Media Partners:** Thank you for helping us advertise Estrella Mountain Regional Parks programs and events! Please include Ranger Amanda's email address – [Amanda.rothermal@maricopa.gov](mailto:Amanda.rothermal@maricopa.gov) - in your postings so park visitors can contact the park directly with general questions about programs, updates, and changes.

**Other:**



