

The Seven Summits of Phoenix

Challenge your *heart*. Challenge your *mind*. Challenge your *self*. Challenge *Phoenix*.

All Access Challenge

8:00am Challenge Begins
5:00pm Challenge Ends

SOME REMINDERS

- Stay hydrated – bring a hydration pack or water bottles, enough to carry several liters with you.
- Be sure to bring a watch and pen/pencil with you.
- Safety is key – be prepared with your Ten Essentials.
- Stay on trail – please do not cut switchbacks.

Thank you for being responsible and minimizing the impact on our desert ecosystem.

Trailhead (Start)	Time: _____
<i>Papago Park West Buttes Accessible Trail</i>	Time (Summit): _____
<i>South Mountain Judith Tunell Accessible Trail</i>	Time (Summit): _____
<i>Rio Salado Habitat Restoration Area</i>	Time (Summit): _____
<i>North Mountain Penny Howe Barrier Free Trail</i>	Time (Summit): _____
Trailhead (Finish)	Time: _____
Total Hiking Time	_____ Hours _____ Minutes



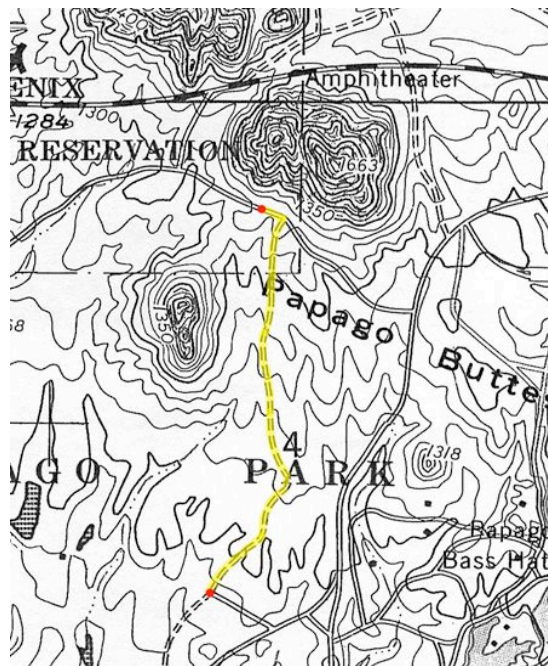
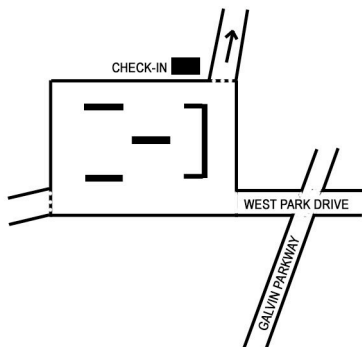
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Papago Park West Buttes Accessible Trail

Length: 1.2 miles

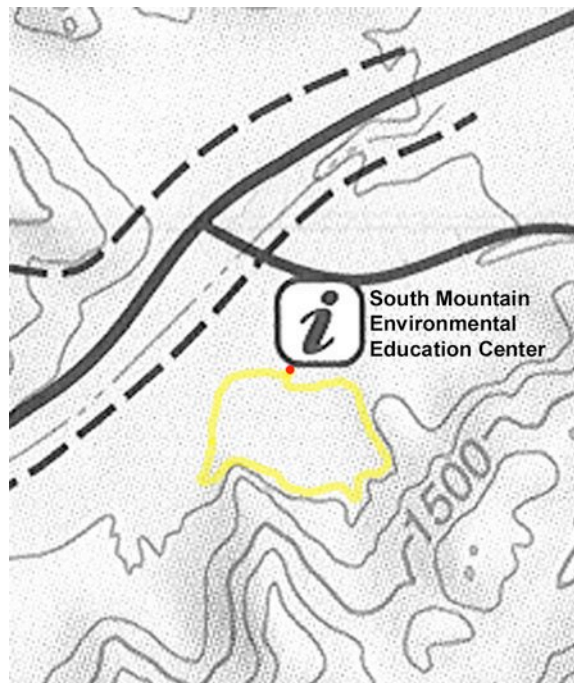
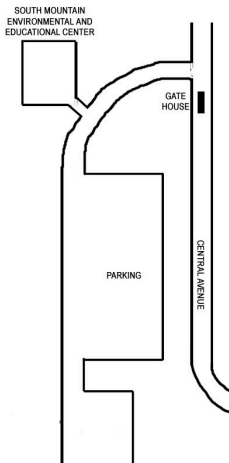
Description: Parking is west of Galvin Parkway between McDowell Road and Van Buren Street. From the parking lot, head north following the gated, paved trail ("West Park Drive") to Eliot Ramada and return to the parking lot via the paved trail.



South Mountain Judith Tunell Accessible Trail

Length: 1 mile

Description: South Mountain Park is about 1 mile south of Baseline Road on Central Avenue. Directly after passing the gatehouse, turn left and drive east ~1/4-mile to the designated parking area. The Judith Tunell Accessible Trail begins near the South Mountain Environmental Education center (SMEEC). The trail consists of two, 1/2-mile loops made of stabilized granite.



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Rio Salado Habitat Restoration Area

Length: 2.4 miles

Description: The Rio Salado Habitat Restoration Area encompasses a five-mile stretch of the Salt River just south of downtown Phoenix. The trail system in this restored riparian corridor brings you through various wetland habitats. From South Mountain, go north on Central Avenue about 5 miles. Parking is available on the east side of the street, at the trailhead (2439 S. Central Ave).



North Mountain Penny Howe Barrier Free Trail (#40)

Length: 0.3 mile

Description: 7th Street and Peoria. Turn west into North Mountain Park. The trailhead is at the northwest corner of the Havasupai Ramada. This self-guided nature trail includes interpretive signs on a short loop trail adjacent to the picnic areas at North Mountain. Bear to the right at the start and follow the loop in a counter-clockwise direction back to the beginning.

