

Kick-off the New Year strong...

Get Fit by Nature!



Fit by Nature will help you get to peak performance.















Events and Activities:

Fun for all fitness levels. Complete one activity, or all three!

FITNESS CHALLENGE



Start the year strong with McDowell Sonoran Conservancy's 2013 fitness challenge. Bike, hike or run 100 miles, or every marked trail in the McDowells, and learn how nature is positively affecting your well-being. Beginning on January 1st, 2013, an online leader board will track your progress. For those who like a little friendly competition, the top 3 finishers in each category will receive an award.



Days on the gravuence

From January 1st to March 31, 2013 bike, hike or run in the Preserve on at least 15 different days. Track your progress online and once you finish, download a certificate for prize. For those who want a little competition, try to beat the trainer! More details are online at MSCFit.org

Meet the **TRAINER**

Gateway Trailhead January 12th and January 19th, 8 a.m. to 11 a.m.

Make each Day on the Dirt count! Review your fitness plan with certified personal trainer and Conservancy Steward, Nancy Howe., MS. She will help you measure the effectiveness of your approach and the benefits you can expect from your program plan.



Sonoran Arts League Plein Air Paint Out

Gateway Trailhead - 18333 North Thompson Peak Parkway Saturday, February 2 and 16 - 9:00 a.m.

Take pleasure in the Preserve from a different perspective, through the eyes of an artist. Members of the Sonoran Arts League will be around the Gateway Trailhead capturing the Preserve's beauty on canvas. Come out and be inspired by this living treasure in a whole new way!

PATHFINDERS

Are you planning to hike in the McDowell Sonoran Preserve? Find McDowell Sonoran Conservancy Pathfinders most mornings at the Gateway Trailhead, Lost Dog Wash Trailhead, Sunrise Trailhead and Tom's Thumb Trailhead. Pathfinders share information about the best hiking trail for your experience and how to have a safe, enjoyable visit in the Preserve.



Trailside Naturalists

Volunteer experts answer questions and share items that allow McDowell Sonoran Preserve visitors to touch, hear and even taste things that will enhance their Preserve experience. Find them at the Gateway Trailhead every Saturday from 9:30 to 11:30 a.m., January through April.

FREE FAMILY FUN!

Get your family outdoors to get some fresh air with the McDowell Sonoran Conservancy. Round up your kids for guided hikes, interactive learning and outdoor fun! We have a variety of programs for everyone in your home!



Family Friday Sunset Series - First Friday of Every Month

Gateway Access Area Amphitheater - 18333 N. Thompson Peak Parkway Programs start at 4:30 p.m. and last 45 minutes to one hour



January 4

Superheroes of the Desert

Southwest Wildlife returns to the McDowell Sonoran Preserve with new animal friends to meet.

February 1

Ancient Hunters

Did you ever wonder how people hunted thousands of years ago? McDowell Sonoran Conservancy Stewards Len Marcisz and Jacques Giard will share their knowledge about how ancient hunters utilized tools and techniques to hunt wildlife in the McDowell Mountains. Information includes the development of stone and wooden tools, tracking, stalking, and the use of wild game.

March 1 Leapin' Lizards!

Ranger Amy Burnett from McDowell Mountain Regional Park brings her crawling, slithering friends for a close and personal experience. Will it be snakes? Gila Monster? Desert Tortoise? Join us and find out.



April 5

The Beauties and the Beasts

Who likes flying, colorful, stinging, or creepy looking bugs? ASU Professor Ron Rutowski will climb steep mountains and venture into tight spots to find all kinds of bugs. Some bugs are beautiful and others should be avoided; but they all play an important part in nature. Learn about different types of bugs commonly found in the Sonoran Desert; and how to identify them.

For more information go to our website at www.mcdowellsonoran.org/familyfriday

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FREE FAMILY FUN!

January is a great time to get your family hiking even your four-legged family members!



Come hike, bike and bark

in the McDowell Sonoran Preserve!

The McDowell Sonoran Conservancy's Master Steward Steve Dodd presents three separate talks that help you learn about three fun hikes for dogs, mountain bikers or families. In partnership with the Scottsdale Public Library System, we are offering the following:

Appaloosa Library

Dog Friendly Hikes - January 22, 4:00-5:00 p.m.

Palomino Library

Family Friendly Mountain Bike Rides - January 23, 6:30-7:30 p.m.

Arabian Library

Family Friendly Hikes - February 21, 6:00-7:00 p.m.

Free and fun for all ages, these talks are a part of the Conservancy's speaker's bureau bringing all the best from the Preserve into the community. To schedule a speaker for your own group, please call 480-998-7971.

Discovery Hikes

Discovery hikes are an ideal blend of fun, exercise and learning and are perfect for all ages and abilities. Bring your whole family and enjoy stories from McDowell Sonoran Conservancy volunteer hike leaders who bring to light what makes the Preserve so unique. All hikes are free, so get your family and friends together and join us for a fun and educational outing.

See Page 6 for trail map and trailhead locations.

Saturday, January 5 Bird Walk: Join us on this monthly walk that follows the Quartz Trail up Ironwood Wash and allows for seeing and hearing a variety of desert birds. A bird check-list will be provided. Allow 3 hours. Please arrive at the parking lot on the west side of 104th Street, just south of McDowell Mountain Ranch Road by 7:45 a.m. Appropriate for ages 10 and older.

Sunday, January 6 Spur Cross Ranch

Conservation Area: Join us on this rewarding 3½- mile wellness loop hike with about 400 foot elevation gain at the Spur Cross Ranch Conservation Area. Allow 21/2 hours. Meet at the Spur Cross Conservation Area parking lot by 8:45 a.m. From the intersection of Carefree Highway and Cave Creek Road head north on Cave Creek Road about 2½ miles to Spur Cross Road and then 4½ miles to the parking lot.

Saturday, January 12 Hike Safely in the

Preserve: Learn basic and advanced hiking techniques - including food and water needs, basic equipment use and pacing yourself for maximum performance on this 4-mile round trip hike that climbs 800' to a picturesque saddle. Allow 3 hours. Meet at Ringtail Trailhead by 8:45 a.m. Appropriate for ages 8 and older.

Sunday, January 27 Geology: Discover the unique geology of the McDowells on this scenic 4½-mile hike with an elevation gain of 600 feet. Wander up to a low saddle before winding back to the trailhead. This hike is geared toward new hikers to the area who want to learn more about local geology. Allow 3 hours. Please arrive at the Gateway Trailhead by 8:45 a.m. Appropriate for ages 10 and older.

Saturday, February 2 Pre-Wildflower hike: Let's go looking for signs of early wildflower blooms as we discuss the strategies used and

prerequisites needed by wildflowers to insure a successful blooming season. Allow 21/2 hours for a moderate 3-mile loop. Meet at the Lost Dog Trailhead on 124th St. north of Via Linda by 8:45 a.m. Appropriate for ages 10 and older.



Sunday, February 10 Bird Walk: Join us on this monthly walk that follows the Quartz Trail up Ironwood Wash and allows for seeing and hearing a variety of desert birds. A bird check-list will be provided. Allow 3 hours. Please arrive at the parking lot on the west side of 104th Street, just south of McDowell Mountain Ranch Road, by 7:45 a.m. Appropriate for ages 10 and older.

Saturday, February 16 All Things Arizona:

Learn about the state flower, state tree, state bird and more. This 4½-mile hike with moderate uphill sections and some on rocky terrain, is on a trail that feels very remote and has beautiful views. Allow 3 hours. Please arrive at the Lost Dog Wash Trailhead by 8:45 a.m. Appropriate for ages 8 and

Tuesday, February 19 Geology: This 4-mile hike to and around the Marcus Landslide, the second largest landslide in Arizona, includes an elevation gain of about 400 feet with moderate inclines. Allow 3 hours. Please arrive at Tom's Thumb Trailhead by 8:45 a.m. Appropriate for ages 10 and older.

Dogs are welcome in the Preserve but only service dogs are permitted on guided hikes. Please wear appropriate shoes and bring plenty of water! For up-to-date information about times and meeting places, please visit our website, www.mcdowellsonoran.org.

EXPLORE

Dust off your boots or bike and hit the trails!

1. Tom's Thumb Trailhead

23015 North 128th St.

















2. Gateway Trailhead

18333 N. Thompson Peak Pkwy.

















3. 104th St. and Bell Road Trailhead

North Side of Bell Rd. at 104th St.











4. Quartz Trailhead

104th St. and McDowell Mountain Ranch Rd. South of McDowell Mountain Ranch Rd. on 104th St.









5. Lost Dog Wash Trailhead

12601 N. 124th St.















6. Ringtail Trailhead

12300 block of N. 128th St.

Activities:











7. Sunrise Trailhead

12101 N. 145th Way













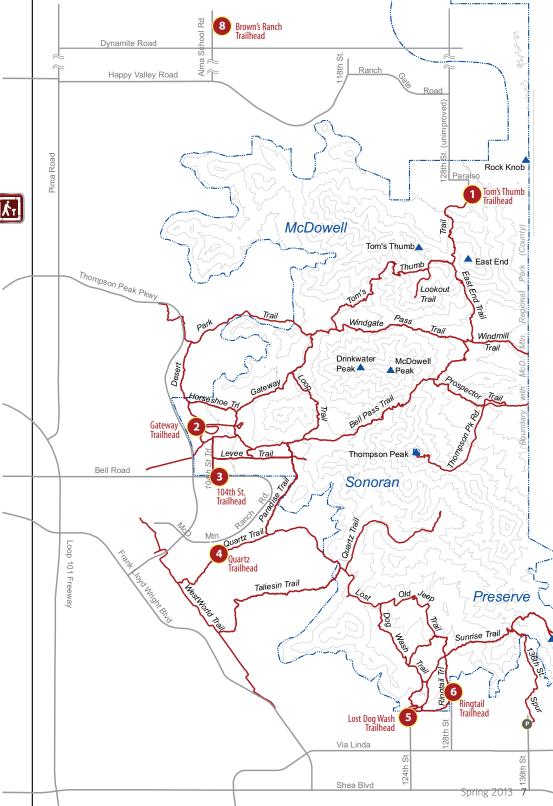




8. Brown's Ranch Trailhead

Closed until Summer 2013





Saturday, February 23 Sensing the Desert:

On this hike through a typical Sonoran Desert landscape we will learn how to get to know the desert by using our senses. This is an easy 3-mile hike on the Ringtail Loop with mild inclines and an elevation gain of 300 feet. Allow 2½ hours. Please arrive at Lost Dog Trailhead by 8:45 a.m. Appropriate for ages 5 and older.

Sunday, March 03 Preserve 101: First time hiking in the McDowell's? This 3-mile, easy-to-moderate hike is for you! It's an overview of the various desert plants, animals, critters and bugs found in Scottsdale's McDowell Sonoran Preserve. Meet at the Lost Dog Wash Trailhead by 7:45 a.m. Appropriate for ages 8 and older.

Sunday, March 10 Bird Walk: Join us on this monthly walk that follows the Quartz Trail up Ironwood Wash and allows for seeing and hearing a variety of desert birds. A bird check-list will be provided. Allow 3 hours. Please arrive at the parking lot on the west side of 104th Street, just south of McDowell Mountain Ranch Road, by 7:45 a.m. Appropriate for ages 10 and older.

Sunday, March 17 Geology:

Geologist Brian Gootee, from the Arizona Geologic Survey, joins us for this 4-mile hike to and around the Marcus Landslide, the second largest landslide in Arizona, includes an elevation gain of about 400 feet with moderate inclines. Allow 3 hours. Please arrive at Tom's Thumb Trailhead by 7:45 a.m. Appropriate for ages 10 and older.

Saturday, March 23 Architecture in the

Desert: This 3-mile hike will show how certain animals create homes for themselves in the desert and how we could learn from them in designing our houses. This hike has one sustained incline, but gentle grades otherwise with a total elevation gain of 300 feet. Allow 3 hours. Please arrive at the Lost Dog Wash Trailhead by 7:45 a.m. Appropriate for ages 10 and older.

Saturday, March 24 Wildflower Walk:

Come celebrate spring in the desert with wildflower experts Marianne Jensen and Steve Jones, to experience the Preserve dressed in its' most beautiful colors. Discover the incredible variety of flowers the desert offers in this moderate 3-mile hike with 150 foot elevation gain. Allow 3 hours. Meet at the Tom's Thumb Trailhead by 7:45 a.m. Appropriate for ages 10 and older.

Sunday, April 07 Lifecycle of a Saguaro: A

4½-mile discovery hike which follows the growth of the Saguaro cactus from seed to skeleton, including some 200 year old specimens and many with multiple arms. Allow 3 hours. Meet at Lost Dog Wash Trailhead by 7:15 a.m. Appropriate for ages 10 and older.

Saturday, April 13 Inspired by Nature:

This 2½-mile hike with a total elevation gain of 200 feet will show how people mimic nature. Allow 2½ hours. Please arrive at the Lost Dog Wash Trailhead by 7:15 a.m. Appropriate for ages 10 and older.

Sunday, April 14 Bird Walk: Join us on this monthly walk that follows the Quartz Trail up Ironwood Wash and allows for seeing and hearing a variety of desert birds. A bird check-list will be provided. Allow 3 hours. Please arrive at the parking lot on the west side of 104th Street, just south of McDowell Mountain Ranch Road, by 7:15 a.m. Appropriate for ages 10 and older.

Tuesday, April 16 Lifecycle of a Saguaro: A

4½-mile discovery hike which follows the growth of the Saguaro cactus from seed to skeleton, including some 200 year old specimens and many with multiple arms. Allow 3 hours. Meet at Lost Dog Wash Trailhead by 7:15 a.m. Appropriate for ages 10 and older

Sunday, April 21 Advanced Desert Plants:

Learn some little-known facts during this in-depth investigation of several common desert plants on this 3-mile hike that climbs about 300 feet. Meet at Ringtail Trailhead by 7:15 a.m. Appropriate for ages 10 and older

Saturday, April 27 Incredible Edible Desert:

Learn which desert plants Native Peoples used for food on a 4-mile discovery hike on the Marcus Landslide Trail. After the hike, sample cholla buds, saguaro syrup, prickly pear juice, mesquite treats and more. Allow 3 hours. Meet at Tom's Thumb Trailhead at 7:15 a.m. Appropriate for ages 10 and older.

Dogs are welcome in the Preserve but only service dogs are permitted on guided hikes. Please wear appropriate shoes and bring plenty of water! For up-to-date information about times and meeting places, please visit our website, www.mcdowellsonoran.org.

MORE TO EXPLORE!

Wellness Hikes

These days, we all spend too much time behind a desk, watching TV, playing video games or staring at computer screens. Wellness hikes help you and your family to get outside and get moving! Join McDowell Sonoran Conservancy volunteer stewards as they lead these guided hikes throughout the Preserve, an ecological treasure so close to home.

See Page 6 for trail map and trailhead locations.

Wednesday, January 02 Lookout Trail:

This 5½-mile hike features steep and sustained climbs and an elevation gain of 1,150 feet through interesting rock formations to a spectacular point with sweeping views of the north and central valley, Fountain Hills and the Superstition Mountains. This 3 to 4 hour hike is for hardy hikers. Please arrive at the new Tom Thumb's Trailhead by 8:45 a.m.

Tuesday, January 08 Desert Park Trail: A scenic 6-mile hike around Horseshoe Mountain, this wellness hike includes an elevation gain of about 600 feet over gradual inclines. Allow 3½ hours. Please arrive at the Gateway Trailhead by 8:45 a.m.

Tuesday, January 15 Inspiration Viewpoint:

A generally moderate 6-mile out-and-back hike on a wide trail with a few steep sections and an elevation gain of 900 feet, this hike leads you to a point off the main trail with expansive views. Allow 4 hours. Please arrive at Gateway Trailhead by 8:45 a.m.

Wednesday, January 16 Sunrise Peak: A

beautiful, but difficult, 4-mile wellness hike with 700' elevation gain on the East side of Sunrise Peak with challenging inclines up to a 360 view of the Valley. Allow 3 hours. Meet at the Sunrise Trailhead at 145th Street and Via Linda at 8:45 a.m.

Sunday, January 20 Hiking for Your Health:

This is a 3-mile loop hike on which fitness experts discuss the healthy effects of hiking. Hike includes mild inclines only. Allow 2 hours. Please arrive at Lost Dog Wash Trailhead by 8:45 a.m.

Wednesday, January 30 Sunrise Peak: A

6-mile hike with some steep sections and an elevation gain of about 900 feet, this hike features longrange, 360° views of the Valley from the peak.

Allow 3 hours. Please arrive at Lost Dog Wash Trailhead by 8:45 a.m.

Sunday, February 03 Lookout Trail: This

5½-mile hike features steep and sustained climbs and an elevation gain of 1,150 feet through interesting rock formations to a spectacular point with sweeping views of the north and central valley, Fountain Hills and the Superstition Mountains. This 3 to 4 hour hike is for hardy hikers. Please arrive at the new Tom Thumb's Trailhead by 8:45 a.m.

Saturday, February 09 Windgate - Bell Pass

Loop: A challenging 10-mile wellness loop in the heart of the McDowells with several sustained inclines and spectacular views of the West and East of the Valley. About 2,000 feet total elevation gain. Allow 6 hours for hardy hikers. Meet at Gateway Trailhead by 8:45 a.m.

Tuesday, February 12 Marcus Landslide: This

4-mile hike to and around the Marcus Landslide, the second largest landslide in Arizona, includes an elevation gain of about 400 feet with moderate inclines. Allow 3 hours. Please arrive at Tom's Thumb Trailhead by 8:45 a.m.

Wednesday, February 13 Inspiration

Viewpoint: A generally moderate 6-mile outand-back hike on a wide trail with a few steep sections and an elevation gain of 900 feet, this hike leads you to a point off the main trail with expansive views. Allow 4 hours. Please arrive at Gateway Trailhead by 8:45 a.m.

Sunday, February 17 Tai Chi: Ray Sol, Tai Chi instructor, will introduce Tai Chi warm-up and balancing exercises that will prepare you for hiking and improve your flexibility. He will demonstrate several Qigong breathing movements to help restore fresh oxygen in your muscles. Allow 4 hours. Meet at Gateway Trailhead by 8:45 a.m.

Wednesday, February 27 Dixie Mines:

Discover the mining history of Arizona on this challenging 9-mile hike to a scenic saddle along the spine of the McDowells, offering interiormountain views when you reach the 3,300' elevation of Bell Pass. Allow 5 hours. Meeting place

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directions: Go east on Shea Boulevard toward Fountain Hills. Turn left on Saquaro Boulevard and continue 3 miles to Golden Eagle Boulevard. Turn left on Golden Eagle and continue 2 miles to the Eagles Nest Trailhead which is located where Golden Eagle ends. Appropriate for hardy hikers.

Saturday, March 09 Tom's Thumb Loop:

This 12-mile hike includes steep, sustained climbs to gain an elevation of 2,500 feet on the Gateway, Windgate Pass, East End and Tom's Thumb trails, and features stunning views and fascinating rock formations along the way. This 7 hour hike is for hardy hikers. Please arrive at Gateway Trailhead by 7:45 a.m.

Tuesday, March 12 Desert Park Trail: A scenic 6-mile hike around Horseshoe Mountain, this hike includes an elevation gain of about 600 feet over gradual inclines. Allow 3½ hours. Please arrive at the Gateway Trailhead by 7:45 a.m.

Wednesday, March 13 Marcus Landslide:

This 4-mile hike to and around the Marcus Landslide, the second largest landslide in Arizona, includes an elevation gain of about 400 feet with moderate inclines. Allow 3 hours. Please arrive at Tom's Thumb Trailhead by 7:45 a.m.

Tuesday, March 19 Ironwood Wash: A

5½-mile hike through a tree-lined wash to a mountainside quartz outcropping, this hike includes an

elevation gain of about 500 feet with moderate inclines. Allow 3 hours. Please arrive at the parking lot on the west side of 104th St. just south of McDowell Mountain Ranch Road by 8:45 a.m.

Wednesday, March 27 Ringtail Loop: Join us on a moderate 4-mile wellness hike through an ecological wonder of the McDowell Mountains. About 400 foot elevation gain. Meet at Lost Dog Wash Trailhead by 7:45 a.m.

Saturday, April 06 Sunrise Peak: A 6-mile hike with some steep sections and an elevation gain of about 900 feet, this hike features long-range, 360° views of the Valley from the peak. Allow 3 hours. Please arrive at Lost Dog Wash Trailhead by 7:15 a.m.

Tuesday, April 09 Marcus Landslide: This 4-mile hike to and around the Marcus Landslide, the second largest landslide in Arizona, includes an elevation gain of about 400 feet with moderate inclines. Allow 3 hours. Please arrive at Tom's Thumb Trailhead by 7:15 a.m.

Wednesday, April 10 Windgate Pass

to Desert Park Trail: This 5½-mile hike on Windgate Pass Trail returns through the beautiful Silverleaf community and includes an elevation gain of about 600 feet. Allow 2½ hours. Please arrive at the Gateway Trailhead by 7:15 a.m.

Dogs are welcome in the Preserve but only service dogs are permitted on guided hikes. Please wear appropriate shoes and bring plenty of water! For up-to-date information about times and meeting places, please visit our website, www.mcdowellsonoran.org.

McDowell Sonoran Field Institute LECTURE SERIES

Palomino Library - 12575 E. Via Linda Every Wednesday from March 6 - April 3 6:30 p.m.

The McDowell Sonoran Field Institute's flora and fauna surveys are now ending their second year, and have produced some exciting results! From plants never before recorded in Maricopa County to mystery mice at the Gateway trailhead, our Principal Investigators will be sharing their findings. Please join us to learn more about the discoveries made right here in our Preserve by the Field Institute's scientists and volunteers. For more information, please call Melanie at 480-998-7971 x 105.



Focus on Conservation Photography Contest 2013

Participate in the 2013 Photography Contest!

Submit your favorite photographs taken in or of the McDowell Sonoran Preserve by May 31, 2013. The contest will be judged in a number of categories to allow for a variety of winning photos and more chances to win. A Best of Show and a Youth Best of Show will be determined during judging and the chosen photographers will receive a prize.

For more information and for contest entry information, please go to www.mcdowellsonoran.org.

PHOTOGRAPHY WORKSHOP February

Richard Buchbinder, professional outdoor photographer and expert instructor, will present his second photography workshop of the season. A comprehensive workshop complete with an informational classroom session on Thursday and a hands-on experience in the McDowell Sonoran Preserve on Saturday. Richard will provide individual attention and critiques on all participants' work. Registration fee is \$150 for both days.



For more information, please go to www.mcdowellsonoran.org.

Volunteer

for the McDowell Sonoran Conservancy



Earth Day Community Project Saturday April 20, 2013 - 8 a.m.

Want to make a difference in your community? This Earth Day Service Project is good for the environment! Perfect for teens, volunteers will work with experts from scientists to city planners. Enjoy the camaraderie of like-minded people and contribute to the preservation of one of Arizona's precious natural resources.

Become a McDowell Sonoran Conservancy Steward

Combine your love of natural open space with volunteering, and make new friends while you work! We provide outstanding education that prepares you for steward service and offer you ongoing education opportunities throughout the year.



Orientations for adults and older teens are one day sessions. Upcoming dates are:

January 12, 2013

March 2, 2013

May 18, 2013

For more information and to register, please call Jill Feinstein at (480) 998-7971, ext. 104.



Will you help? We rely on your support.

We are a non-profit organization that relies on our more than 400 volunteers to help protect and promote the Preserve. We do this in so many ways- from trail building and patrolling the trails to guiding hikes, sponsoring education programs, and conducting scientific research. Our goal is that future generations will enjoy this ecological treasure the same way we do today.

The current cost of recruiting, training, recognizing and retaining our more than 400 stewards, whose work protects the Preserve, is about \$500 per steward each year. Please help to sponsor a steward and make sure the Preserve is protected! Find out more on our website: www.mcdowellsonoran.org.

Join Our Circle of Friends

As a community member who values the outdoors, and specifically the Sonoran Desert, you understand the importance of preserving and maintaining open space now to ensure its availability in the future. This shared appreciation of the desert is why we are inviting you to join us today by returning the membership form below.

McDowell Sonoran Society (\$1,500+)		
Steward Circle (\$1,000) Pathfinder Circle (\$100) Please charge my credit card	Trailbuilder Circle (\$500) Hiker Circle (\$50) A check is enclosed	Caretaker Circle (\$250)
Credit Card #	Expiration Date:	
Name as it appears on the card		
Name(s) by which you would like to be acknowledged		
Address	Email	
	Phone	

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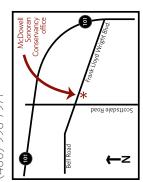
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www.mcdowellsonoran.org (480) 998-7971

Scottsdale, AZ 85254



Get the latest MSC info at:







