



## **2018 Spring Into Summer Hiking Series**

### **NACA Health Promotion**

encourages you to be active in learning about safe sun practices.

Drink plenty of water, wear sunblock, sunglasses and a cap for added shade.

### **Pre-Registration**

is encouraged but you can register the morning of the hike.

Donations are accepted for a fellow hiker.

### **Attend at least 4 hikes**

and be entered to win great raffle prizes!

### **Special guest speakers** at each hike!

For more information, contact the NACA Wellness Center at **928-773-1245 ext. 221.**

**Come & Zumba Hiking  
Kick-Off Event**  
Thursday, May 3, 2018  
**Puente de Hozho  
Elementary School**  
5:30PM

### **Hike One**

Saturday, May 5, 2018  
**Red Mountain Trail**

### **Hike Two**

Saturday, June 9, 2018  
**Old Caves Crater**

### **Hike Three**

Saturday, July 14, 2018  
**Picture Canyon**

### **Hike Four**

Saturday, August 11, 2018  
**Fisher Point**

### **Hike Five**

Saturday, September 8, 2018  
**Little Elden Springs**

### **Hike Six**

Saturday, October 6, 2018  
**Lockett Meadow**

All hikes begin at  
**7:30a MST (Flagstaff Time)**  
at the trailhead.

