

Tucson area Hikes

Catalina State Park Hikes

- Canyon Loop Trail
 - Distance: 2.3 miles on a loop
 - Elevation gain: 182 feet
 - Difficulty rating: 1
 - Notes: This is a nice loop to enjoy some fresh air and take in everything nature has to offer in this area. You'll enjoy a variety of environments from shady trees to open fields.

- Romero Canyon Trail
 - Distance: 5.5 miles total out and back
 - Elevation gain: 1,322 feet
 - Difficulty rating: 3
 - Notes: the wildflowers are hard to beat in early spring here. It does get hot, so we recommend this trail over winter and spring. This trail starts out flat and easy, but there's a rocky climb coming your way, so lace up your comfy hiking boots and pack lots of water. Enjoy the Romero pools at the end. We recommend starting the hike early when there is still shade over the steep part.

- Sutherland Trail
 - Distance: 17.4 miles total out and back
 - Elevation gain: 5,679 feet
 - Difficulty rating: 5+
 - Notes: This trail is not for the faint of heart. We recommend lots of hiking experience and training to manage this long hike. It starts relatively easy on a 4x4 road, but it turns to single track after a while, and the climbs will test your determination. Some parts of this trail are overgrown and tough to follow, so keep a map on hand. For anyone ready to try this will enjoy some of the best views in the Tucson area from the summit.

- 50 Year Trail
 - Distance: 5.9 miles on a loop
 - Elevation gain: 318 feet
 - Difficulty rating: 3
 - Notes: This is the perfect hike for early spring. The cactus are blooming, the critters are out and about, and you have a great view of the mountains. It's very flat, and open/exposed so bring sun protection.

Sabino Canyon Recreation Area/Coronado National Forest

- [Bear Canyon to Seven Falls Trail](#)
 - Distance: 8.5 miles total out and back
 - Elevation gain: 1,062 feet
 - Difficulty rating: 3
 - Notes: This is a Tucson gem! An awesome hike for most skill levels, so it does get crowded. The trail does cross the stream a few times, so be careful at those spots. The pools/waterfall at the end are like paradise. Bring lots of water, but there is a refill station available along the way.

- [Finger Rock Trail](#) (to summit Mount Kimball)
 - Distance: 8.8 miles total out and back
 - Elevation gain: 4,189 feet
 - Difficulty rating: 4
 - Notes: This trail is ready to challenge the intermediate/advanced hikers. It starts gradual, but gets steeper as it goes along, making the summit that much more rewarding. It's a tough climb, so bring LOTS of water. This trail is also quite exposed, so start early to catch the shade as long as possible. Depending on time of year it can be buggy, so bring the bug spray and sun protection.

- [Maiden Pools Trail](#)
 - Distance: 5.6 miles total out and back
 - Elevation gain: 1,371 feet
 - Difficulty rating: 3
 - Notes: This is a popular hike, but recommended for winter and early spring. It gets buggy, hot with no shade, and the pools do dry up. Awesome views on the way back, but as always, we recommend starting early!

- [Pima Canyon Trail](#)
 - Distance: 3.9 miles total out and back
 - Elevation gain: 667 feet
 - Difficulty rating: 2
 - Notes: This is a nice trail, but does get busy. Long pants are recommended because of the bugs. There are stretches of trail over solid rock, so wear your best hiking shoes. Enjoy the unique geology and wildlife. Be careful of the rattlesnakes, but enjoy the creek and shady spots.

- [Pusch Peak via Linda Vista Trail](#)
 - Distance: 3.9 miles total out and back
 - Elevation gain: 2,657 feet
 - Difficulty rating: 4
 - Notes: Short, but TOUGH. This is a steep climb, with a lot of sun exposure. You should start early and come prepared with a ton of water, and sun protection. It's

rocky in some parts, and the trail is hard to follow at the top, but the views are some of the best in all of southern Arizona. NOT for the faint of heart.

- [Sabino Canyon Trail](#) (to Hutch's Pool)
 - Distance: 7.8 miles total out and back, or 13.4 loop connecting to Bear Canyon
 - Elevation gain: 1,194 feet
 - Difficulty rating: 4
 - Notes: This trail begins at the end of the Sabino Canyon Recreation Area bus loop. The length is manageable for most, but this hike steep and rocky. But the incredible views, beautiful flora and fauna, and highly sought-after desert water make it all worth it. We recommend trekking poles, good shoes, lots of water, and sun protection. There is a fee for the recreation area and shuttle.

- [Sycamore Reservoir Trail](#)
 - Distance: 7.4 total miles out and back
 - Elevation gain: 1,184 feet
 - Difficulty rating: 3
 - Notes: This hike is full of rolling hills, nice views, and relatively few visitors, so enjoy the peace and quiet! Best part, there's flowing water some parts of the year. Check out the reservoir which is a short distance off the main trail.

- [Tanque Verde Falls Trail](#)
 - Distance: 1.8 miles total out and back
 - Elevation gain: 436 feet
 - Difficulty rating: 1.5
 - Notes: This beginner friendly trail is quite popular and at certain times of year the water is really flowing. The only challenge is at the very end with some slight rock hopping/scrambling to get to the falls. The adventurous spirits can even go past the first falls to the bigger falls above for more fun.

[Saguaro National Park Hikes](#)

- [Bridal Wreath Falls Trail](#)
 - Distance: 5.6 miles total out and back
 - Elevation gain: 1,072 feet
 - Difficulty rating: 3.5
 - Notes: A great intermediate hike, with the perfect blend of challenge, fun, and awesome views. The falls typically aren't flowing after April, so go during the winter/spring months. This is also when the cacti are blooming and the temps aren't scorching (yet). Keep an eye out for lots of wildlife, including snakes.

- [Cactus Wren Trail](#)
 - Distance: 3.0 miles on a loop
 - Elevation gain: 187

- Difficulty rating: 2
 - Notes: Nice hike with little variation. Enjoy the cacti when they are in bloom, and enjoy some easy miles. It's a small hill at the top, but still a cool view. Be sure to bring more water than you expect to need.

- [King Canyon/Gould Mine Loop Trail](#)
 - Distance: 2.3 miles on a loop
 - Elevation gain: 380 feet
 - Difficulty rating: 2
 - Notes: Quiet, peaceful, and relaxing. This trail is a great place to disconnect from technology and the rest of the world, and reconnect with yourself and nature. There are a lot of forks in the trail to keep things interesting. The beginning is a bit rocky, so lace up your good hiking shoes and always come prepared with lots of water and sun protection.

- [Signal Hill Trail](#)
 - Distance: 0.3 miles out and back
 - Elevation gain: 26 feet
 - Difficulty rating: 1
 - Notes: This short stroll is great for beginners, and has some really neat petroglyphs. If you're feeling up to the challenge, extend this with the Cactus Wren Trail (next on this list). Don't forget water and sun protection! It is Tucson after all.

- [Wasson Peak Summit Trail](#)
 - Distance: 9.4 miles total out and back
 - Elevation gain: 2,113 feet
 - Difficulty rating: 4
 - Notes: Take this challenge and get to the top for a panoramic view of the entire Tucson area. Remember to head left at the 'T' intersection by a big log. Otherwise the trail is easy to follow, there's lots to see, and fun rocky sections to keep things interesting. The switchbacks are steep but in great shape. Wear good shoes, pack lots of water, and enjoy an early morning!

Tucson Mountain Park Area

- [Brown Mountain Trail](#)
 - Distance: 4.7 miles on a loop
 - Elevation gain: 659 feet
 - Difficulty rating: 2
 - Notes: Keep your eyes open for wildlife on this fun hike. The views are pretty great from the top too! The climb at the end is a little steep, but it's a great challenge for all skill levels. Start early and pack lots of water and sunscreen.

- [Cascabel Loop Trail](#)
 - Distance: 2.6 miles on a loop
 - Elevation gain: 81 feet
 - Difficulty rating: 1
 - Notes: This beginner friendly trail is easy to access, but lacks some of the 'wilderness' feelings with all the traffic noise and people around. But it's a great way to get outside without committing to a full day of driving and hiking. This trail is kid and dog friendly too, so bring the whole family!

- [David Yetman Trail](#)
 - Distance: 11.9 miles total out and back
 - Elevation gain: 1,328 feet
 - Difficulty rating: 4
 - Notes: This trail is used heavily by mountain bikers, but it's a great hike too. Pack water and food for the whole day, because this is a long but enjoyable hike. There's wildflowers and wildlife everywhere.

- [Hidden Canyon Bowen Loop Trail](#)
 - Distance: 2.1 miles on a loop
 - Elevation gain: 367 feet
 - Difficulty rating: 2
 - Notes: A great option for all skill levels! Nice views, a good breeze, some shady spots, some cool history if you stop at the Bowen site. Gradual elevation change, but recommend good hiking shoes.