



THUNDERBIRD CONSERVATION PARK

1,185 Acres / 20 Miles of Trails

59th Ave, North of Deer Valley (Main Entrance)

67th Ave & Patrick / 55th Ave & Pinnacle Peak

WATER + DESERT HIKING

1. 100+ Valley Mountain Rescues Each Year
2. Dehydration #1 Cause of all National Weather-Related Deaths Combined (more than tornados, floods, snow storms, hurricanes)
3. When your water is ½ gone, turn around
4. Drink 1-2 Liters per Hour while hiking (Liter = Large Soda Bottle)
5. The body can lose 2-4 liters of water when active

HIKING TIPS













1. Always tell someone where you are going & when you expect to return
2. Stay on designated trails
3. Carry a cell phone
4. Do not hike alone
5. Choose a trail that is within your ability and your hike will be more enjoyable
6. Know the symptoms of Heat related issues

Sources: glendaleaz.com/parksandrecreation/trails • cdc.gov/healthywater/drinking/travel
azcentral.com/story/news/local/phoenix/2014/04/17/mountain-rescues-spike-valley/7810427/

Trail Rating Guide



During the hotter months when the temperature and/or humidity is high, trails will be rated at least one level higher

Rating Symbol	Brief Definition	Surface	Grade	Obstacles/Steps
 easiest	Paved Accessible Trail	Paved or hard and smooth		None
 easy	Mostly smooth & wide	Dirt with occasional unevenness		2" or less, rocks and ruts
 Moderate	Mostly smooth, variable width	Dirt with occasional unevenness		<8" rocks and ruts, loose material
 mod. difficult	Mostly uneven surfaces	Dirt and rock		< 12" rocks and ruts, loose material
 difficult	Long rocky segments with possible drops and exposure	Dirt and loose rock with continual unevenness		12" or taller, loose rocks, exposure to drops
 extremely difficult	Long rocky segments with possible drops and exposure	Dirt and loose rock with continual unevenness		12" or taller, loose rocks, exposure to drops and excessive heat >90F