



# DIY Guide: Exploring the Arizona Trail

Seeds of Stewardship | Arizona Trail Association  
Flagstaff, AZ | Grades 5-8



## Hello Young AZT Enthusiasts, Families, and Teachers!

I hope that you're all able to embrace your backyards, neighborhoods, and close-to-home trails (we have amazing access to the Arizona Trail here in Flagstaff) as pathways for relief, restoration, joy, learning, connecting with members of your household, and appreciating Northern Arizona's local environment.

This is a resource to help you and the young people in your lives get outside safely and responsibly, while connecting with and learning about the natural world just beyond our doorsteps. Our activities can be adapted to most outdoor places. Remember the age-old saying in outdoor education: "Do what you can, with what you have, where you are!"

**Happy Trails,**

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*Seeds of Stewardship (North) Coordinator*

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### **Know Before You Go:**

- Practice Leave No Trace principles. Please visit [www.lnt.org](http://www.lnt.org) to learn the important ways you can protect the natural places you visit.
  - Follow important COVID-19 safety protocol and rules:
    - If you are feeling ill or exhibiting any symptoms, stay home!
    - Only travel to trails that are within close proximity to home, not requiring stopping for services that would require close interaction with others.
    - Don't touch anything at trailheads, including register box, signs, benches, etc.
    - Maintain six feet between yourself and other trail users.
    - Know your limits – now is not the time to rely on emergency medical services.
    - Visit <https://aztrail.org/covid-19-and-the-arizona-trail/> for more updates.
  - Prepare your hiking materials:
    - Minimum 1 liter of water per person per hour you're on the trail
    - Salty snacks
    - Weather-appropriate clothing and sun protection: hat, sunscreen, sunglasses
    - Map of the area (click the links below for a map of each area)
    - Cell phone
    - First aid kit
    - Activity-specific supplies
    - Optional: Camera to capture your experience!
  - Remember to let someone know exactly where you're going and how long you'll be gone.
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### **After your hike:**

- Take a moment to reflect. What was the best part of your experience? What did you see and learn? What would you like to learn more about?
- Share your experience!
  - Tell your friends and family about your hike.
  - Share what you learned with your teacher.
- Email photos of your experience and activity sheets to Seeds of Stewardship ([julie@aztrail.org](mailto:julie@aztrail.org)). We love to see what you're learning and that you're enjoying the outdoors!
- Find us on Instagram. Post your photos and tag [@aztsos](https://www.instagram.com/aztsos).

# Walking Through Time

**Location:** Picture Canyon, [AZT Passage 32: Elden Mountain](#)

**Access:** From downtown Flagstaff, travel 5 miles east on Historic Route 66. Go north (left) onto El Paso Flagstaff Rd and continue 1 mile to the trailhead on the right.

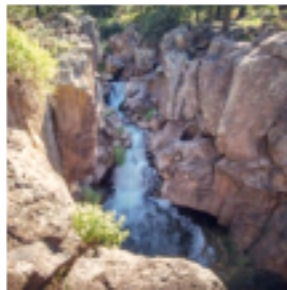
**Route:** 3 mile loop (See [Picture Canyon Preserve trail map](#)) - After passing the outdoor classroom, go north (left) onto the Tom Moody Trail. At the next intersection take the Don Weaver Trail (northeast). When you meet the Arizona Trail, go east, crossing a bridge over the Rio de Flag. Turn west (right) onto the Tom Moody Trail to loop back to the parking lot.

## What's there?

Circle what you find!



Petroglyphs



The Rio de Flag



Old Rail Trestle



Interpretive Signs



Ponderosa Pine



Gambel's Oak



Rabbit Brush



Banana Yucca

**Activity:** [Home in Nature](#) | *Anthropology, engineering, reading, writing, nature study*  
Consider human needs and the environment to construct a small home using natural materials.

**Materials:** Activity printout, pencil

## Mapping the Wild

**Location:** AZT via Sandy's Canyon Trail, [AZT Passage 31: Walnut Canyon](#)

**Access:** Drive southeast out of Flagstaff 5.5 miles on Lake Mary Road. Follow the signs for Sandys Canyon Trailhead to the north (left). Follow Forest Road 9478Y for ¼ mile to the parking area.

**Route:** Hike Sandy's Canyon Trail, following Walnut Canyon's rim and then dropping into Sandys Canyon, for 1 mile to where it meets the AZT and Walnut Canyon. Explore this area, and for added adventure, go north toward Fisher Point or south toward Marshall Lake.

### What's there?

Circle what you find!



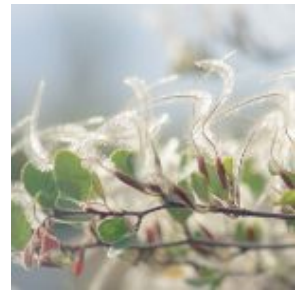
Canyon Cliffs



Sandstone



Quaking Aspen



Mountain Mahogany



Ponderosa Pine



White Fir



Abert's Squirrel



Red-tailed Hawk

**Activity:** [Sensory Map](#) | *Sensory observation, art, mindfulness, exploration, nature study*  
Use your senses to create a map and learn about the area's ecology.

**Materials:** Activity printout, pencil, optional: colored pencils/markers



## Bird Behavior Hike

**Location:** Marshall Lake, [AZT Passage 30: Anderson Mesa](#)

**Access:** Drive 9 miles south from Flagstaff on Lake Mary Road. Turn east (left) onto Forest Road 128 and drive about 3 miles to the lake. The last mile is unpaved and may be impassable in wet conditions.

**Route:** After exploring Marshall Lake, start hiking on the AZT via an AZT access point to the east across FR 128. Travel 1 mile southbound to Prime Lake. Observe waterfowl at Prime Lake and then return via the same route.

### What's there?

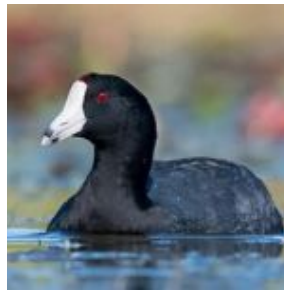
Circle what you find!



Marshall Lake



Prime Lake



American Coot



Great Blue Heron



Ponderosa Pine



Sedges



Fence Lizard



Elk

**Activity:** [Interpreting Bird Behavior](#) | *Bird watching, writing, nature study*

Observe bird behavior and hypothesize how their behaviors help them survive.

**Materials:** Activity printout, pencil, optional: binoculars

## Biodiversity Saunter

**Location:** Little Elden Spring, [AZT Passage 32: Mount Elden](#)

**Access:** Drive 5 miles northeast of Flagstaff on US 89. Turn west (left) on FR 556. Drive 2 miles to Little Elden Trailhead located on the north (right) side of the road.

**Route:** From the trailhead, take the short connector trail to reach Little Elden Spring and the Arizona Trail. Hike northwest towards Schultz Pass (it's more biodiverse in that direction.) Stroll along mostly flat terrain for as long as you please!

### What's there?

Circle what you find!



Little Elden Spring



Dacite Boulders



Quaking Aspen



Alligator Juniper



Ponderosa Pine



White Fir



Gambel's Oak



Mule Deer

**Activity:** [Biodiversity Study](#) | *Science, art, writing, exploration, nature study*  
Find evidence of biodiversity in a plot study.

**Materials:** Activity printout, pencil, optional: colored pencils & tape measure

# Storytelling Hike

**Location:** AZT via Aspen Corner, [AZT Passage 34: San Francisco Peaks](#)

**Access:** From downtown Flagstaff, take US-180/Fort Valley Road for about 7 miles. Turn north (right) onto N Snowbowl Road and go 5.5 miles to the parking area for Aspen Corner, a dirt pullout on the north (left) side of the road.

**Route:** Walk 0.3-mile down the Aspen Corner connector trail. When you meet the AZT, go straight (west) to reach Alfa Fia Tank, and/or turn right (north) onto the AZT for miles of scenic views through pleasant meadows and forests.

## What's there?

Circle what you find!



Volcanic Peaks



Alfa Fia Tank



Dacite Boulders



Lichen



Ponderosa Pine



Quaking Aspen



Elk



Abert's Squirrel

**Activity:** [Landscape Storytelling](#) | *Reflection, writing, natural history*

Reflect: If the landscape had a story to tell, what would it say?

**Materials:** Activity printout, pencil