

PARADISE VALLEY HIKING & BIKING TRAILS



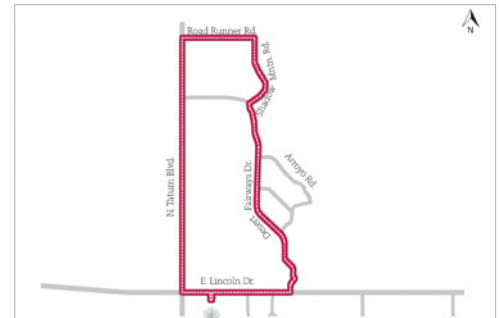
2 MILE TRAIL TAKE A WALK OR JOG

- Right on Lincoln Dr. for 0.2 miles
- Right on 51st Pl.
- Right on McDonald Dr.
- Go west for 0.5 miles and turn right on to 44th St./Tatum Blvd.
- Right on Lincoln Dr. to head back to the resort.



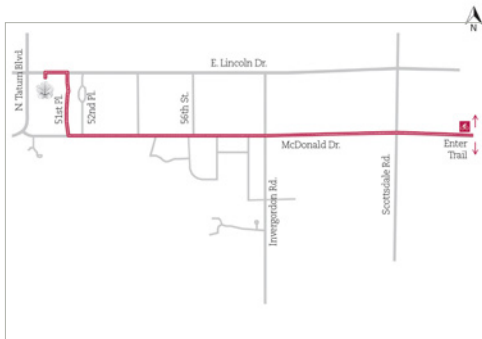
3.25 MILE TRAIL 5K LOVERS, THIS PATH IS FOR YOU

- Right on Lincoln Dr. and proceed east for 0.7 miles
- At stop light, turn right on to 56th St.
- Right on McDonald Dr.
- Right on 44th St./Tatum Blvd.
- Right on Lincoln Dr. to head back to the resort.



4 MILE TRAIL PICTURESQUE MOUNTAIN VIEWS

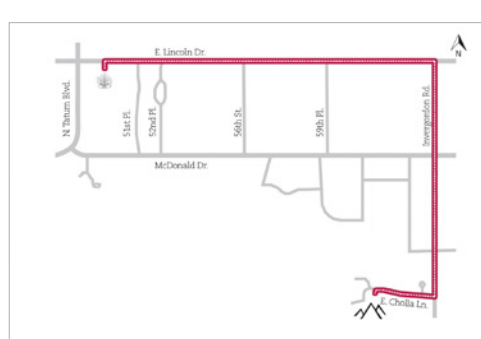
- Right on Lincoln Dr.
- At stoplight, cross Lincoln Dr. to Desert Fairways Dr. and follow for 1 mile
- Right on Shadow Mountain Rd.
- Left on Road Runner Rd. for 1 mile
- Left on to Tatum Blvd.
- Follow sidewalk for 1.5 miles to the resort.



THE ARIZONA CANAL IDEAL FOR LONG BIKE RIDES OR RUNS

The canal is one of the area's longest multi-use trails. From end to end it is 40 miles of paved and graveled surface. It's recommended to drive to this location.

- Right on Lincoln Dr. for 0.1 miles
- Right on to N. 51st Pl. for 0.5 miles
- Left on E. McDonald Dr., head 3.3 miles past Scottsdale Rd. to entrance of the canal.

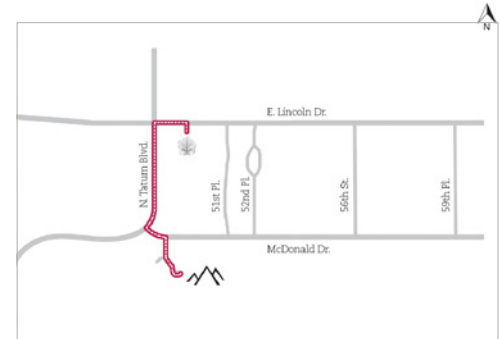


CHOLLA TRAIL ON CAMELBACK MOUNTAIN TAKE CAR TO GET TO TRAIL

This 1.5 mile trail (one way) is deemed as a moderate difficult hike with an elevation gain of 1200 feet and becomes a challenging and technical ascent at the ridgeline.

- Right on Lincoln Dr.
- Right on Invergordon Rd. for 0.7 miles
- Right on Cholla Ln to trail head.

All hikers must park and walk from Invergordon Dr. to trail head since drop-off is not permitted.



ECHO CANYON TRAIL ON CAMELBACK 10-15 MINUTE WALK FROM THE RESORT

This is a strenuous and difficult trail recommended for experienced hikers only with an elevation gain of 1,264 feet. Trail length to summit is 1.2 miles, one way.

- Left on Lincoln Dr.
- Left on 44th Street/Tatum Blvd.
- Left on McDonald Dr. for 0.2 miles to trail head.

Every hiker needs to know these best hiking tips to stay safe and comfortable on the trail.

- Bring at least 32 oz. of water for every hour you plan on hiking.
- May-Sept: Hiking is not recommended during this time due to risk of heat exposure and possible fatal weather conditions.
- Oct-Apr: Hiking is recommended at dawn to minimize risk of heat exposure.
- Stay on the trail and hike with someone, not alone.
- Remain with your party at all times.
- Inform someone of your hiking plans before you leave.
- Bring a fully charged cell phone with you.
- If in distress, stay calm and call 911.
- Choose the hike best suited for your fitness level.
- Consult Joya fitness staff or the concierge at (480) 627-3200 with questions pertaining to trail difficulty.

Hikes on all trails in Arizona are done at one's own risk. Beginners should not attempt hikes on Camelback Mountain, Piestewa Peak or Pinnacle Peak since trails may be steep and treacherous. All trails may present hot and dry conditions. The desert has extreme temperatures from high heat, to cool weather and rain. Be sure to check the weather before heading out for the day and drink plenty of water to avoid dehydration.



7 MILE TRAIL PERFECT FOR A BIKE RIDE OR JOG

- Right on Lincoln Dr.
- Left on Lost Dutchman Rd.
- Right on Joshua Tree Ln.
- Left on 57th Place and head uphill
- Right on Indian Bend Rd.
- Right on 62nd Street
- Left on Cactus Wren Rd.
- Right on Invergordon Dr.
- Right on McDonald Dr. for 2 miles
- Right on 44th St.
- Right on Lincoln to arrive at resort.



MUMMY MOUNTAIN 9 MILE BIKE RIDE WITH VARIOUS DESERT VIEWS

- Turn right on Lincoln Dr.
- Cross Lincoln Dr. to Desert Fairways Dr.
- Turn right on Shadow Mountain Rd.
- Turn right on Road Runner Rd.
- Turn left on 54th St.
- Turn right on Royal Palm Rd.
- Left on 56th St.
- Right on Mockingbird Ln.
- Right on Invergordon Rd.
- Left on E. Mockingbird Ln.
- Right on N. 68th St.
- Right on McDonald Dr.
- Right on 52nd Pl.
- Left on E. Lincoln Dr.

ESSENTIAL HIKING ITEMS:

- Hiking or running shoes. Flip-flops or sandals are not recommended.
- Cap or visor
- Sunglasses
- Sunscreen with SPF of 30+
- 1 to 2 liters of water
- Fully charged cell phone
- Trail mix or Cliff bars
- Small backpack to carry water, snacks and cell phone
- Towel (optional)
- Gloves (optional for Camelback Mountain)

GUIDED CAMELBACK MOUNTAIN HIKE

Join a resort fitness instructor on a three-hour, expert-led hike. Omni hiking guides know Camelback Mountain dangers and are CPR and first aid certified to provide an educational and safe guest experience. Hikers are advised to wear proper attire, footwear and sunscreen. Water and snacks are not included and may be purchased separately in Crave Café. Private guided hikes are also available.

RESERVATIONS REQUIRED (480) 627-3020