



# THE TRAIL SOURCE

Break Away with us...

## It's Quotable...

**"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one most adaptable to change."**

**-Charles Darwin**



Living in Southern Nevada has many advantages, but it does have its challenges. The dry climate takes time to get acclimated to, particularly if having just moved here from any other part of the country. The heat of the summer is another issue that is more important to understand and correctly deal with if a person wants to make it to the following fall.

The number one issue of summer in the desert is the heat, and people should be careful on particularly hot days. Humans are very good temperature regulators; our bodies lose heat at the same rate heat is formed, keeping us at a fairly constant temperature. However, on a hot summer day in the desert, our bodies have a difficult time keeping cool. As we become hot, our bodies' natural reaction is to sweat to feel cool. This process usually works well until we become overheated from being in extremely hot temperatures for a long time. We tend to sweat much more, losing more salt which can cause muscle cramps. Dehydration can also take place, bringing on more physical and psychological problems. These problems can be avoided by making wise decisions on how we choose to spend time outdoors during the summer months.

Despite all of the risks mentioned above, wildlife continues to live and survive in the desert, even in the scorching summer. Many animals get their water through food such as plants, insects and other animals. However, they still need to deal with the heat. Ground squirrels burrow underground for most of the day, coming out only in the cooler morning or evening hours. When they do come out, they move about quickly so not to be exposed to the heat for long. Reptiles don't tolerate the heat well either partly because they have no sweat glands. Like the ground squirrel, they seek shade and head underground for cooler temperatures. Jackrabbits are too big to burrow, so they make a depression in the ground in a shaded area to keep cool. Each of these animals, as well as many more, has learned what to do to survive the harsh summers of the desert.

We certainly can learn how to tolerate the summer heat by taking a cue from the animals that live here. We can't burrow underground, but we can stay indoors during the hottest time of day. We can enjoy the outdoors by taking an early morning or late evening walk or hike when the temperatures are a bit cooler. We should always make sure we are drinking enough water so we stay hydrated. While this next suggestion doesn't apply to animals, it is important to wear a hat and apply sun screen to help protect us from the strong rays of the sun. Taking these precautions will allow us to enjoy summer in the desert. As Mojave Max says, "Respect, protect and enjoy our desert."

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## Event Highlights:

- ◆ Monday on the Mount
- ◆ Fletcher Canyon
- ◆ Beautiful Butterflies
- ◆ Beginner Art Class
- ◆ Echo Canyon
- ◆ Reading at the Rock
- ◆ Astronomy Program

Hikes/Programs by Red Rock Canyon Interpretive Association



Beginner Art Class

Saturday

June 20th, 2009

Join Jen for a fun "no pressure" art class. Ages 5+. Limited Space.

Call 515-5367 to register.

All Hikes are family oriented and start at the visitor center unless otherwise specified. To make a reservation please call: 702-515-5367 between 8am-4pm.

Hike Ratings:

Easy = Less than 1mi in length with 0-300ft elevation gain.

Moderate = 1-4mi in length with less than 1000ft elevation gain.

Strenuous = Over 6mi in length over 1000ft elevation gain.

HIKES ARE GIVEN BY:

- List of organizations: Bureau of Land Management, Red Rock Canyon Volunteers, The Red Rock Canyon Interpretive Association.

Mon. 1st, Monday on the Mount: Join Jen for one of the easier hikes of Mount Charleston. We will head up the Stanley B. Springs trail for great views of Mummy Mountain and Cockscomb Ridge, as well as distant views across the valley. Moderate, 4 miles.

Wed. 3rd, Tort Talks: Join Janis for some fun facts about Nevada's state reptile, the desert tortoise. Ongoing at the Visitor Center from 10:00 AM-12:00 PM. No sign-up is required.

Fri. 5th, Fletcher Canyon: Join Claire for this 4 mile hike into a scenic canyon on Mount Charleston, we will scramble back to Obstacle Rock in the lower part of the canyon. We may see the start of the summer wildflower bloom. Limited Space. Ages 15+. Moderate with 430 ft. elevation gain.

Fri. 5th, Beautiful Butterflies: Come out to Red Rock Canyon with your 5-10 year olds for a fun and interactive program about butterflies. Children will learn all about butterflies with a hands-on activity, a craft and so much more. Limited Space.

Sat. 6th, Moenkopi Loop: Beat the heat. Join Claire for this early morning 3 mile hike to and around the base of the Calico Hills to the Moenkopi trail and back to the Visitor Center. We will get up close to the famous red rock of Red Rock Canyon and also walk through an area slowly coming back to life after a fire. Limited Space. Ages 10+. Moderate.

Sat. 6th, Humming with the Hummingbirds: Come out to Red Rock with your 5-10 year olds for a fun and interactive program all about

hummingbirds. Children will learn how amazing these little birds are, do a hands-on activity, a craft and so much more. Limited Space.

Sun. 7th, Mountain Bike Madness: No experience is necessary for this introductory mountain bike ride with Jen and John starting from the Late Night parking lot. The 6 mile single track will be a great way to start new to the sport or dust off an old frame. Helmets are required. Age 10+, limited space. Beginner-intermediate.

Mon. 8th, Monday on the Mount: Join Jen on Monday for a hike at Mt. Charleston on the Robber's Roost trail. This hike is not very long so we will also travel up Old Deer Creek Road. On this hike we will see rock caves and spectacular views. Moderate, 4 miles.

Fri. 12th, Mary Jane Falls: Join Claire for this moderate to strenuous 3 mile hike to hopefully see a 100 foot waterfall. The cool mountain breezes and mist from any water falling from above makes this a favorite hike for many. Limited Space. Ages 15+.

Sat. 13th, Keystone Thrust: Enjoy the early morning with Claire for this 3 mile hike to an interesting land formation, where we will see the old and the new come together. We will scramble down a dry waterfall and see the affects of water on sandstone. Limited Space. Ages 10+. Moderate.

Sat. 13th, Jr. Naturalists: Join Jen and journey through time and take a look at what Red Rock used to be, what it is, and what it may become. Children will get to do hands-on activities, exploration, interactive games and a fun project to learn about Red Rock Canyon. Limited Space. Ages 2-6.

Sat. 13th, Corn Creek Spring Walk: Corn Creek Spring feeds three ponds at this headquarters of the Desert National Wildlife Refuge. It is a major bird watching area and is prime habitat for aquatic and land plants and animals. Join Bob during the morning to observe all these creatures in a surprising setting, and learn about the history and future of the area. Easy, 1/2 mile.

Mon. 15th, Monday on the Mount: Come hike to a slot canyon with Jen and enjoy a cool day on the mount away from the city heat. We will be looking for a variety of plant life and be on the lookout for animals that call the Spring Mountains their home. Moderate, 5 miles.

Fri. 19th, Cathedral Rock: Take in the spectacular view of Kyle Canyon and beyond with Claire on this 3 mile hike. As we hike up 950 feet we will walk through an aspen forest to the top of Cathedral Rock. Limited Space. Ages 15+. Moderate.

Fri. 19th, Leaping Lizards: Come out to Red Rock with your 2-6 year olds for an exciting program about the lizards in the Mojave Desert. Children will learn interesting facts, make a craft and will discover how cool lizards really are!! Limited Space.

Sat. 20th, Echo Canyon: Join Claire for this early morning 3 mile hike through Echo Canyon and up to Fossil Ridge. We will look for evidence of ancient sea life throughout the hike and take in the incredible views of the various mountain ranges. Limited Space. Ages 10+. Moderate with some rock scrambling.

Sat. 20th, Beginner Art Class: Have you ever wanted



## Hikes/Programs by Red Rock Canyon Interpretive Association

to try drawing at Red Rock? Join Jen and bring your love for nature as we create a masterpiece worth showing off. This is a "no pressure," all fun art class. No experience necessary and all supplies are included. Limited Space. Ages 5+.

**Sat. 20th, Pine Creek:** Come with Bob and enjoy Pine Creek's cool, trickling waters and ponderosa pine forest as we hike back to the old homestead and a nearby creek. Limited Space. Ages 6+. Moderate, 4 miles.

**Sun. 21st, Mountain Bike Madness:** No experience is necessary for this introductory mountain bike ride with Jen and John starting from the Late Night parking lot. The 6 mile single track will be a great way to start new to the sport or dust off an old frame. **Helmets are required.** Age 10+, limited space. Beginner-intermediate.

**Mon. 22nd, Monday on the Mount:** Join Jen and head uphill for most of the Trail Canyon hike, but the end will pay off with incredible views of the Mount Charleston area! We will be on the lookout for wildlife and possibly a spring at the high point of our journey. Ages 12+. Moderate, 4 miles with 1500 ft. elevation gain.

**Wed. 24th, Reading at the Rock:** Come out to Red Rock Canyon and join Janis where she will read a story about the plants and animals of the Mojave Desert. Afterwards, children will be given the chance to discuss and draw a picture about what they have learned. This is a fun way to visit and learn about our desert. This program will be held every Wednesday, starting June 24th and ending August 12th. Limited Space. Ages 3 -5 year

olds.

**Thurs. 25th, Canyon Clean Up:** Join Janis and help keep Red Rock clean, by coming out and participating in a morning clean up. Meet new people and help keep our conservation area beautiful. Easy.

**Fri. 26th, Lovely Ladybugs:** Come out to Red Rock Canyon with your 2-6 year olds for a fun and interactive program all about ladybugs. Children will learn how lovely ladybugs really are, do a hands-on activity, a craft, and so much more. Limited Space.

**Fri. 26th, North Loop Meadow:** Come with Claire and breathe in the fresh mountain air on this shaded trail as we hike up approximately 900 feet to a breezy meadow that offers a spectacular view of mountain ranges in the distance. Limited Space. Ages 15+. Moderate, 3.5 miles.

**Sat. 27th, Ice Box Canyon:** Beat the heat rock scrambling with Claire in this awesome, but chilly canyon. See where climbers effortlessly scale canyon walls. You will definitely see why this canyon got its name on this 2.5 mile moderate hike. Limited Space. Ages 16+.

**Sat. 27th, Red Spring Walk:** Come out to Red Rock Canyon with your 2 to 10 year olds for a fun and interactive program all about Red Spring. Children will learn about the history of Red Spring and how important it is to Red Rock Canyon. We will read a story, participate in a craft and so much more. Limited Space.

**Sat. 27th, Corn Creek Spring Walk:** Corn Creek Spring feeds three ponds at this headquarters of the Desert National Wildlife Refuge. It is a major bird watching area and is prime habitat for aquatic and land

plants and animals. Join Bob during the morning to observe all these creatures in a surprising setting, and learn about the history and future of the area. Easy, 1/2 mile.

**Mon. 29th, Monday on the Mount:** Join Jen and start from the North Loop Trail-head off Deer Creek Road, traveling to Mummy Springs. On this hike we will see the largest Bristlecone in the Spring Mountains, and a year-round spring that is surrounded by many kinds of wildlife. We will be on the lookout for eagles, deer, aspen, gooseberries and ferns. Moderate, 6.5 miles round trip.



### Reading at the Rock

Wednesday

June 24th, 2009

Join Janis out at Red Rock Canyon and listen to a story about the plants and animals of the Mojave Desert. Limited Space. Ages 3 to 5.

Call 515-5367 to register



### Ice Box Canyon

Saturday

June 27th, 2009

Beat the heat rock scrambling with Claire in this awesome, but chilly canyon.

Limited Space. Ages 16+.

Call 515-5367 to register.



**Hikes/Programs by Bureau of Land Management**

**Wed. 3rd, Oak Creek Canyon:** Come with Susan and hike Oak Creek Canyon that starts with a well-used trail, leading to a canyon for some scrambling. Limited Space. Moderate, 4 miles.

ets. No sign-up required.

**Tues. 9th, Calico Hills Loop:** Come hike with Chris around the south end of the Calico Hills and continue on the Red Rock side to Sandstone Quarry before following a series of drainages to Gateway Canyon. Moderate/strenuous, 6 miles.

**Wed. 10th, Moenkopi Trail:** Join Susan for a walk through Red Rock along the Moenkopi in hopes of seeing wildflowers in bloom and panoramic view of Red Rock Canyon. Limited Space. Easy, 3 miles.

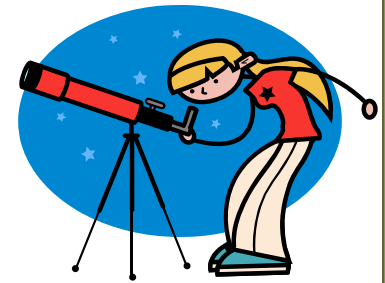
**Thurs. 11th, Building a View:** Join Ranger Kathy and explore the Keystone Thrust area. You will see the erosion of the area that has created a variety of opportunities to see the geology and landscape. Limited Space. Ages 8+. Moderate, 2.5 miles.



**Thurs. 18th, Gateway to a View:** Join Ranger Kathy and explore the forces of erosion that has created a variety of opportunities to see the geology and landscape and a welcome view to boot. Limited Space. Ages 8+. Moderate, 2.5 Miles.

**Tues. 23rd, White Rock Hills:** Come enjoy a morning with Chris and hike around the two cream colored sandstone peaks at the north end of the canyon. We will see the variety of vegetation present in the Red Rock Canyon area. Moderate, 6.4 miles.

**Sat. 27th, Astronomy Program:** Join the Las Vegas Astronomical Society at 7:30 pm. Members will have telescopes to view the different stars and plan-



**Astronomy Program**

**Saturday**

**June 27th, 2009**

**7:30 PM**

**No sign up required**

**Call 515-5367 for more information**

**Gateway to a View**

**Thursday,**

**June 11th, 2009**

**Join Ranger Kathy and explore the forces of erosion that has created Red Rock Canyon. Limited Space. Ages 8+.**

**Call 515-5367 to register.**



**PASSIONATE ABOUT RED ROCK? WANT TO LEAD HIKES, GIVE INTERPRETIVE TALKS AROUND THE VISITOR CENTER? BE THE NEXT "CACTUS JACK." JOIN FRIENDS OF RED ROCK CANYON AND VOLUNTEER. CALL Ranger Kate 515-5350**





**RED ROCK CANYON INTERPRETIVE  
ASSOCIATION PROGRAMS AND GROUP HIKES**



**JUNE 2008**



HIKING TIPS

- Wear Sturdy Shoes
- Always Bring Water
- Bring a Snack
- Wear a Hat and Apply Sunscreen
- Dress for the Weather
- Consider your Personal Comfort

FOR COMPLETE INFORMATION  
ON HIKES OR PROGRAMS SEE  
OUR WEBSITE AT  
[www.redrockcanyonlv.org](http://www.redrockcanyonlv.org) OR  
CALL 702-515-5367.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Monday on the Mount	<b>2</b>	<b>3</b> Tort Talks Oak Creek Canyon	<b>4</b>	<b>5</b> Beautiful Butterflies Fletcher Canyon	<b>6</b> Humming with the Hummingbirds Moenkopi Loop
<b>7</b> Mountain Bike Madness	<b>8</b> Monday on the Mount	<b>9</b> Calico Hills Loop	<b>10</b> Moenkopi Trail	<b>11</b> Building a View	<b>12</b> Mary Jane Falls	<b>13</b> Jr. Naturalists Keystone Thrust Corn Creek Spring Walk
<b>14</b>	<b>15</b> Monday on the Mount	<b>16</b>	<b>17</b>	<b>18</b> Gateway to a View	<b>19</b> Leaping Lizards Cathedral Rock	<b>20</b> Echo Canyon Beginner Art Class Pine Creek
<b>21</b> Mountain Bike Madness	<b>22</b> Monday on the Mount	<b>23</b> White Rock Hills Loop	<b>24</b> Reading at the Rock	<b>25</b> Canyon Clean Up	<b>26</b> Lovely Ladybugs North Loop Meadow	<b>27</b> Ice Box Canyon Red Spring Walk Corn Creek Spring Walk Astronomy Program
<b>28</b>	<b>29</b> Monday on the Mount	<b>30</b>				

Red Rock Canyon Interpretive Association  
HCR 33 BOX 5500  
LAS VEGAS, NV 89161



FOR COMPLETE INFORMATION ON HIKES  
OR PROGRAMS SEE OUR WEBSITE AT  
[www.redrockcanyonlv.org](http://www.redrockcanyonlv.org) OR CALL 702-  
515-5367.

## **RETURN SERVICE REQUESTED**

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### **OUR MISSION...**

**The Red Rock Canyon Interpretive Association is a not-for-profit association whose primary purpose is to enhance the recreational, educational and interpretive programs of the Bureau of Land Management, and other governmental agencies, by providing materials and services to the public which promote an understanding and appreciation of the natural history, cultural history and sciences of Southern Nevada.**

**Naturalists working for the Association provide guided hikes, walks, and other programs for visitors on the natural and cultural resources at Red Rock Canyon. Reservations for these programs are required and can be made by calling 702-515-5367 between 8:00 a.m. and 4:00 p.m.**

### **TRAILSOURCE NOTICE:**

Check our website ([www.redrockcanyonlv.org](http://www.redrockcanyonlv.org)) to see additions, deletions or changes to events for the current months.