

# Grand Hikers Hiking Club

## Fitness Evaluation Self-Assessment Walk

1. This 5+ mile walk in Sun City Grand is recommended for new hikers and should be done before signing up for the club's Introductory Hike. Completing the walk will help you evaluate your fitness level for the length of hikes that will be encountered on many Easy and Moderate hikes. This walk is on sidewalks and level terrain and does not represent trail conditions that will be encountered on most hikes. For comparison, the club's Introductory Hike is 4.6 miles in length with sections of rocky terrain and 600 feet of accumulated elevation gain.
2. This walk is not a scheduled club activity. You will do this on your own without club supervision. You are expected to complete the walk in one session with one 15-minute break for a snack. You should carry a pack with ample water, electrolytes and snack items to approximate what you will carry on a regular hike. Be extra careful when crossing streets.
3. The route begins at the Adobe Parking lot and consists of one complete loop following Remington, Sunrise, Mountain View, Clearview, Sunrise and back to Adobe as follows:
  - a. From the Adobe parking lot, follow Remington Dr to Sunrise Blvd, then turn left and follow Sunrise to Mountain View Blvd.
  - b. Turn left and follow Mountain View, walking past 4-way stop at Shadow Mountain Drive and over the AZ Route 303 bridge.
  - c. Continue on Mountain View past Cimarron Center. Mountain View changes to Clearview Blvd near the Cimarron Center.
  - d. There are restrooms at the pickle ball courts, lock code is 85374.
  - e. Continue following Clearview, cross the bridge over AZ 303.
  - f. Continue along Clearview Blvd, walking past 4-way stop at Goldwater Canyon Drive back to Sunrise Blvd.
  - g. Turn left on Sunrise to Remington and left on Remington back to the Adobe Parking Lot.
4. You should be able to complete the 5.3-mile loop comfortably in 2 to 2 ½ hours before you request to be signed up for the Introductory Hike.
5. The walk can be started and finished at any point on the loop so long as the entire loop is completed in one session.
6. After completing the fitness evaluation walk, notify the hike director ([hikedirector@scghikers.org](mailto:hikedirector@scghikers.org)) that you are ready to be signed up for the Introductory Hike.

# Map of the Fitness Walk

