



2023 Spring Into Summer Hiking Series

NACA Health Promotion invites you and your family to join us at some of our favorite Flagstaff hiking trails!

Pre-Registration is encouraged, to reserve your spot, but you can register the morning of the hike. Scan the QR code or follow this link to register: <https://forms.gle/jWfHrr-WvYfLi15LC7>

Everyone is Welcome!
To attend, and explore. Drink plenty of water, wear sunblock, sunglasses, and a cap for added shade.

Hike One: May 13th - McMillian Mesa - Collab with L.I.F.E

Hike Two: June 20th - Fort Tuthill - Collab with Tuba City Just Move It - This hike will begin at 5:30 PM (MST)

Hike Three: July 8th - Sandy Seep Trail

Hike Four: August 12th - Picture Canyon - Collab with L.I.F.E.

Hike Five: September 9th - Aspen Loop Trail

All other hikes begin at 7:30 AM (MST) *Activities are subject to change due to weather, forest closures, etc.

For more information, contact the [NACA Wellness Center](#) at (928) 773-1245 ext. 221
nacawellnesscenter@nacainc.org

