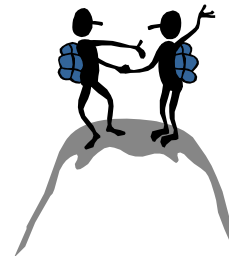


MESA ADAPTIVE RANGER PROGRAM



We are encouraging you and your family to get outdoors again and make a difference by combining our Hiking Club with our new Adaptive Ranger Program. We will be working with the Mesa Ranger District to learn more about Arizona's wildlife and plants while hiking local trails and making a difference in our environment.

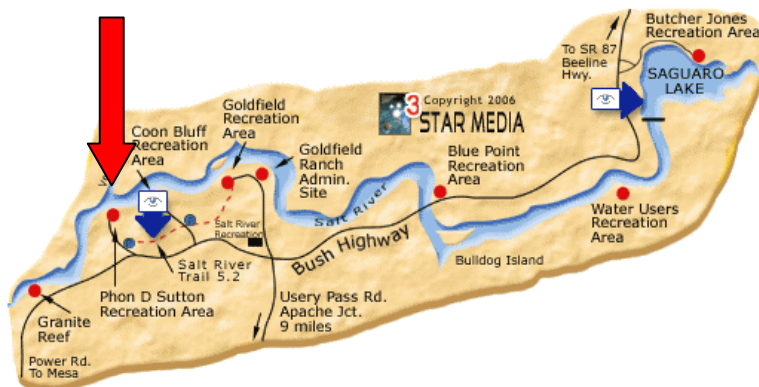
During this first hike in our series of informative adaptive hikes, we will visit the PHON D SUTTON Trail with a Mesa Forest Ranger to familiarize ourselves with the Sonoran Desert Trail System and pick up trash.

Who: Athletes and their families and friends

When: Saturday, May 24th

Time: 8am meet at 200 S. Center Office
9-11am on trail hiking and picking up trash
12pm arrive back at 200 S Center Office

Where: PHON D SUTTON Trail
Two miles of flat accessible trail, elevation 1,320 feet, located 19 miles northeast of Mesa along the Lower Salt River.



The benefits to hiking are endless!!!

Challenging, therapeutic for mind and body, increased independence, provides a personal experience, increases self-esteem, adaptations are minimal, combines further opportunities for outdoor activities and emphasizes ability...

If you're interested please call or email for more information!

Megan Wegner

Recreation Programmer, Mesa Parks and Recreation Division

480.644.4948 megan.wegner@cityofmesa.org

