



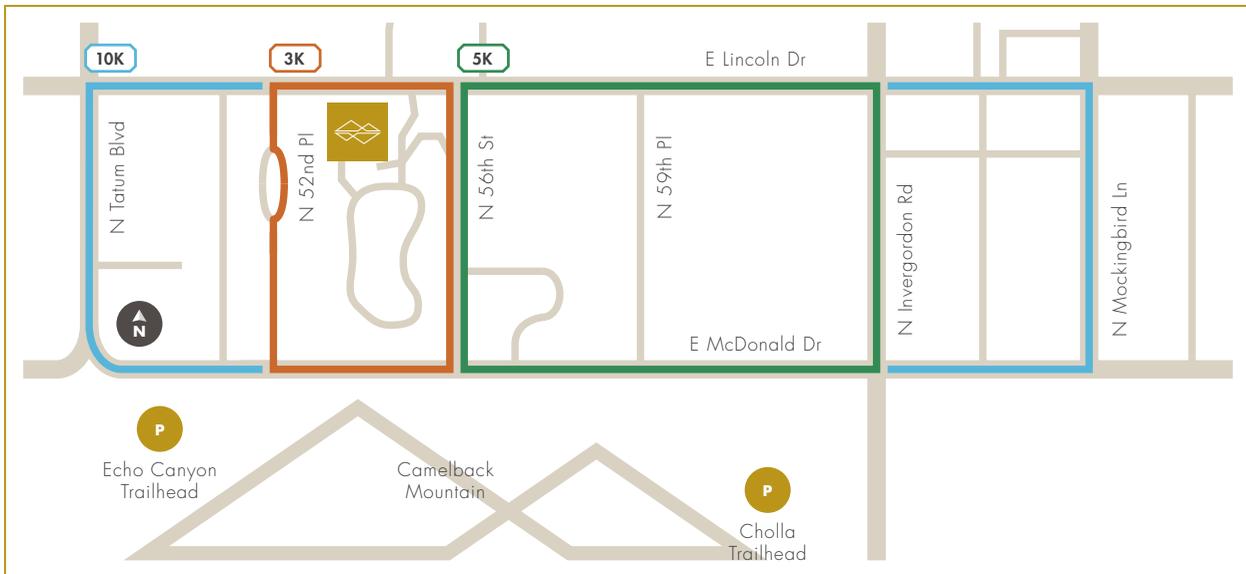
Paradise  
*is your*  
playground.

**DISCOVER PARADISE IN THE VALLEY**

Whether you're looking to stretch your legs or enjoy an intense workout, Paradise Valley's natural landscape is perfect for outdoor recreation. Meander along paved sidewalks and revel at the town's beautiful scenery and inspired design. Coast along the peaceful suburban streets on your bike, then hike up Camelback Mountain to take in breathtaking views of Phoenix.



MOUNTAINSHADOWS



## JOGGING & CYCLING ROUTES

■ 3 km (1.85 mi)

■ 10 km (6.2 mi)

■ 5 km (3.1 mi)

## CAMELBACK MOUNTAIN HIKING TRAILS

### CHOLLA TRAIL 1.42 MI

- Trail hiking for the first 1.1 miles followed by predominantly scrambling for the final 0.3 mile.
- 1,300 ft elevation gain

### ECHO CANYON TRAIL 1.23 MI

- **Intense** and **difficult** hike
- 1,280 ft elevation gain

## DON'T FORGET!

- **Bring water.** Arizona's arid climate means you should rehydrate regularly. People have suffered heatstroke while hiking in the desert.
- **Wear sunscreen.** Even on those rare cloudy days, your skin is susceptible to the sun's harmful rays, and you don't want to go home with a sunburn.
- **Watch the time.** For your safety, most hiking trails close around sunset. There should be a sign at the start to let you know trail hours, so give yourself plenty of time to make sure you're not caught in the dark.
- **Tell someone before you go.** For your safety, please visit our concierge desk or a fitness center representative before you depart to ensure you have all the proper supplies for your hike.