

# Sun City Festival Hiking Club

## HIKE DESCRIPTION FORM

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**Hike Name:** Waddell/Mesquite Canyon Self-Guided Meditation Hike

**Location:** White Tank Regional Park

**Hike Description:**

Meditation Hike-Near the base of Mesquite Canyon Trail and along Waddell Trail are several benches and rock outcrops perfect for meditation among nature. Hikers will be provided with a map and meditation booklet with contemplation and journaling suggestions. Hikers will move within the mapped areas independently.

**Rating:** Easy

**Type:** In and out, with some meandering

**Length – Miles and Time:** 2 miles, 2 hours

**Trailhead Start and End:** Black Rock Trailhead off of White Tank Mountain Rd

**Elevation Change:** Less than 100'

**Travel Directions:**

Take the Sun Valley Parkway (east) to Cotton Lane, turn right (south) onto Cotton Lane. Follow Cotton Lane to Olive and turn right onto Olive traveling west to the White Tanks Regional Park entrance. Drive straight following the White Tank Mountain Road to Waterfall Canyon Road on the left. Turn left on to Waterfall Canyon Road and go to 2nd set of Ramadas (Area 7). Turn left on to Ramada Way to parking lot for Mesquite Canyon Trail.

**Travel** 40 minutes

**Parking:** Yes

**Rest Rooms:** Yes