

Palo Duro S&F Friday – 2026 Hike Schedule

Registration at Palo Duro 50+ Sports & Fitness - 880.2800 - 3351 Monroe NE - 87110

Meet at Palo Duro Fitness Center - ***Meet at 7:30am for each hike***

Date	Meet Time	Hike Name	Trail/ Region	Class*	RT Hiking Miles	Elevation Change**	Van Travel miles RT	Travel 1-Way
1/30	7:30am	San Ysidro Long Loop	San Ysidro	C	6.7	315	70	1:15
2/6	7:30am	De-Na-Zin	NW New Mexico	C	5	450	200	2:15
2/13	7:30am	Upper/Lower Tajo	Socorro	C	5.9	490	180	1:45
2/20	7:30am	Lybrook Badlands	Cuba	C	6.6	200	230	2:30
2/27	7:30am	Ball Ranch	Santo Domingo	C	6	237	80	1:30
3/6	7:30am	Ah-She-Si-Pah/ VOD	NW New Mexico	C	8	125	290	2:45
3/13	7:30am	Mesa Portales	Cabazon	C	7.1	265	145	1:30
3/20	7:30am	Buckman Mesa	Santa Fe	C	4.4	1030	160	1:40
4/3	7:30am	Mystery Trail	Sandia Mountain East	C	5.8	752	60	1:00
4/10	7:30am	Bandelier Tsankawi/ Main loop	Los Alamos	C	7.5	580	200	2:15
4/17	7:30am	Orilla Verde/ The Slide	Taos	B	5.5	485	230	2:15
4/24	7:30am	10K North to Barite Mine	Sandia Mountain East	C	6.7	1030	60	1:00
5/1	7:30am	South Piedra Lisa/ Fletcher	Sandia Mountain West	C	5.9	1600	30	0:30
5/8	7:30am	Ellis Trail Extended/ Survey	Sandia Mountain East	C	7.1	581	60	1:00
5/29	7:30am	10K South Calypso Orchid	Sandia Mountain East	C	7.1	900	60	1:00
6/5	7:30am	Bear Wallow/ Borrego	Sangre De Cristos	C	3.9	653	140	1:30
6/12	7:30am	La Luz Spur	Sandia Mountain East	C	4.3	520	70	1:15
6/26	7:30am	Cave Creek for Orchid	Pecos	C	5.2	571	200	2:00

** Mileage and elevation change are estimates; adverse weather may require change in scheduled hikes.

IMPORTANT: Please review the hike class (A,B,C,D,E), distances and elevation gain for safety. Please keep in mind your own fitness levels and hiking abilities while choosing a hike so that it fits your physical level. Dress in the proper clothing, footwear, and bring plenty of water, lunch and snacks that you can have throughout the hike. All hikers must stay with the hike leader and group for your own safety. ***Must have current DSA Membership to participate.***

* Class defines difficulty of senior hikes as follows:

- ♦A Easy, not more than 5 miles & not more than 200 feet total vertical
- ♦B Moderate, not more than 7 miles & not more than 700 feet total vertical
- ♦C Challenging, not more than 9 miles & not more than 1500 feet total vertical
- ♦D Difficult, not more than 11 miles & not more than 2300 feet total vertical
- ♦E Demanding, more than 11 miles and/ or more than 2300 feet total vertical

Hiking Checklist:

Hiking Boots, water, lunch/snacks, rain gear, brimmed hat, hiking poles, sunscreen.

Disclaimer: All online registrations will be processed on play.cabq.gov only! In person registrations will be at DSA Sports & Fitness Centers.