

Palo Duro S&F Monday – 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
2/2	7:30am	El Malpais Narrows	El Malpais	C	7.7	404	190	1:30
2/9	7:30am	CDT South Extended	Cabazon	c	7.7	196	140	1:30
2/23	7:30am	White Mesa East Loop to Seeps	Ojito	C	8.1	500	100	1:00
3/2	7:30am	Cabazon/ CDT	Cabazon	D	6.2	685	150	1:30
3/9	7:30am	Sand Stone Bluffs End to End	El Malpais	C	6.3	314	160	1:15
3/16	7:30am	Chaco/ 5 Pueblo	NW New Mexico	C	6.6	384	306	3:15
3/23	7:30am	Old Cuba Road	Cuba	C	5.8	240	170	1:45
3/30	7:30am	Tapia Canyon	Cabazon	C	8.1	214	180	2:30
4/6	7:30am	Cerro Grande	Los Alamos	C	9	2763	12	0:15
4/13	7:30am	San Antonio Hot Springs	Jemez Mountains	C	6	1200	200	2:00
4/20	7:30am	Battleship to Jemez Falls	Jemez Mountains	D	7.9	1180	130	1:30
4/27	7:30am	South Crest to Bathtub	Sandia Mountain East	E	11.5	3000	40	0:30
5/4	7:30am	Plaza Blanca	Abiquiu	B	3.5	200	90	1:30
5/11	7:30am	Bandelier Cliff Dwellings	Los Alamos	C	7.1	600	200	1:30
6/1	7:30am	Knife's Edge	Sandia Mountain East	C	4.9	750	1060	0:45
6/8	7:30am	Aspen Vista	Sangre De Cristos	C	8	1400	1465	1:30
6/15	7:30am	Hay Canyon Overlook	Jemez Mountains	B	4.4	320	590	1:45
6/22	7:30am	San Gregorio	San Pedro Parks	C	7.1	783	806	2:00
6/29	7:30am	Nambe Lake	Sangre De Cristos	D	6.6	1129	1906	1:45

** 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.