

DINO DIANE'S
ADVENTURE
CLUB

MY DINO DIANE'S FIELD JOURNAL



POSSE GROUNDS
OF THE OLD WEST

525 Posse Ground Rd
Sedona, Arizona

And the Adventure Continues...

Name:

Date:



WELCOME TO POSSE GROUNDS – CARRUTH AND SUNRISE LOOP TRAIL!

You're in Red Rock Country! It's a landscape sculpted by wind and water erosion, creating deep canyons, towering cliffs, and fantastic rock formations ~330 million years in the making. This area was once used as a staging ground for the sheriff's posse of the Old West, where real cowboys roped and did their wrangling.

The breathtaking Carruth ~ Sunrise Loop Trail is accessed at the Dry Creek/Soldiers Pass Sedona Shuttle ~ Trailhead Pickup location. Your adventure begins at the Carruth Trailhead, a short, somewhat steep walk down to Sunrise Trail that loops through a pinyon-juniper woodland scattered with bear grass, agave, and prickly pear cactus. This easy one-mile hike is best in the cool mornings of summer, though sunsets are stunning. But, oh! Watch out for the roaming herd of javelinas and wily coyotes!

So, come along with Dino Diane as you hike this beautiful loop trail and learn all about Sedona's geology, history, plants, and wildlife. Sharpen your drawing pencils! Oh! Feel free to snap photos of them to create your own Arizona plant photo album. Now, you're becoming a naturalist!

ADVENTURE TIP

Take time to connect with nature. Use your phone to take pictures, do research, or emergency only.

DRIVING DIRECTIONS:

From the Sedona Visitor Center, turn right on SR 89A for 1.7 mi.; turn right at Soldiers Pass Road for 0.5 mi. and left at Carruth Drive. The Sedona Shuttle Dry Creek/Soldiers Pass Trailheads is on the right.

Parking is free and so are the shuttles to other popular trailheads, Thursday through Sunday.

Get your shuttle schedule and map at SedonaShuttle.com

**SEDONA SHUTTLE
TRAILHEAD SIGNS**



**CARRUTH
TRAILHEAD**



**SUNRISE
TRAIL**



**DINO DIANE'S
ADVENTURE
CLUB**

NOT AN ADVENTURE CLUB MEMBER YET?

Join today at DinoDianesAdventureClub.com

THE ADVENTURE BEGINS...
Find the trailhead display and plant signs to complete your field journal!

**SHUTTLE TRAILHEAD DISPLAY -
LOCATED NEAR THE RESTROOMS!**

TRAIL SAFETY GEAR

ABOUT HIKING SAFETY!

Water: Drink how much per day?

Food: Eat how much on the trail?

First Aid: What should you bring?

Map and Compass:
Know how to use them!

Appropriate Clothing:
Why wear bright clothing?

Cell Phone: What's the challenge with cell phones?

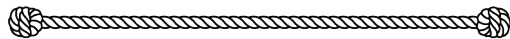
Communicate: What should you do?

LEAVE NO TRACE

List the Seven Principles of hiking in nature:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Take the Sedona Care Pledge at:
RespectRedRockCountry.com



SEDONA IMPRESSIONS

Turn from the display, go up to the bench, and look out over the valley. Connecting with nature is all about being in touch with everything around you. Take three deep breaths and be still. What do you hear? Smell? Feel? See? Write your impressions of Sedona.



CARRUTH TRAILHEAD

Located at the north end of the parking lot!

Journey through time! About 20 steps in, look north to see the famous Coffee Pot Formation. Its colored rock layers tell the geologic history of Sedona. The red rock layers of the pot are known as the Schnebly Hill Formation. About 270 million years ago, this region was intermittently covered by water and arid coastal deserts, creating its colorful layers of sandstone and limestone.

The red color is a result of hematite—iron oxide or rust—in the rocks. The light-colored cap is the Coconino Sandstone, once an ancient sand dune environment. It's also found in the Grand Canyon!

Draw the rock coffee pot:

MARIOLA

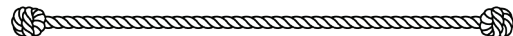
Native to the Southwest and Mexico, this plant has been used in Native American and Mexican cultures as a beverage and medicine.

Draw the silvery leaves:

MORMON TEA

Left on the trail is a stringy-looking plant, like green spaghetti, known as Mormon Tea. Used by Native Americans and early settlers to treat asthma, hay fever, and common colds, the plant is also used by the Navajo as a dye for their blankets.

Draw a picture of its green twigs:



The black rocks along the trail tell of volcanic eruptions that spread lava over northern Arizona 10 million years ago.

Turn the second right to get on Sunrise Trail!

ADVENTURE TIP

Stick to trails; protect fragile plants and soil!



MOUNTAIN MAHOGANY

Who is Sedona? In 1901, Sedona Schnebly and her family came to the Oak Creek area. An early farmer, Sedona's husband, Theodore (T.C.) Schnebly, was also the area's first postmaster and gave the new town his wife's name.

Known for her hospitality and industriousness, Sedona represents the hardworking women who helped build their family farms and communities.

Native Americans used the durable wood of the mountain mahogany to make bows, spearheads, and sticks for digging up edible roots. Navajo children also played with dice made from the wood.

SHRUB LIVE OAK

This shrub loves sandy areas 2,000'–7,600' in elevation. Sedona is nestled beneath the Colorado Plateau at 4,500 feet. Deer love the oak's tender spring leaves. The acorns are a favorite of javelina, and the thicket provides habitat for birds and bats!

The acorns were roasted, mashed, or stewed, and made into bread by Native Americans.

Draw the outline of an oak leaf:

BROOM SNAKEWEED

In Native American ethnobotany, the study of how people use local plants for medicinal and other uses, the snakeweed was used to treat bee stings, headaches, diarrhea, colds, and nosebleeds. Oh! And snakebites!

Native and early settlers used the compact, strong stems as a broom to sweep, thus the plant's name!

Draw the plant:

Compare the leaves of the shrub oak to those of the hollyleaf buckthorn further down the trail. What do you notice?

Now you're becoming an ethnobotanist!

WILDLIFE TIP

*Keep wildlife WILD!
Do not approach,
feed, or throw things
at animals!*



PINYON PINE

A conifer tree produces cones. The pinyon pine cone is known for its buttery pinenuts, or edible seeds, a food source for wildlife. Native Americans ground the nuts into flour, ate them raw, or put them in soups.

Take a look at the needles on a branch, how are they attached? Pine needles are bundled, wrapped with brown fiber, and attached to the branch. The number of needles in the bundle is unique to each pine species. **How many needles does a pinyon pine have in its bundle?**

ENGELMANN PRICKLY PEAR

Read how Dino Diane's friend, Asazi, used the prickly pear cactus pad to draw out toxins from a black bear's wound in Dino Diane's Adventures series!

Did you know javelina eat the prickly pads, needles and all? Ouch!

Draw a prickly pear cactus pad:

BANANA YUCCA

Native Americans used the sword-like leaves of the yucca to make sandals, ropes, and baskets. The roots and leaves were combined to make soap and shampoo. The banana-shaped fruits were eaten raw or cooked, and the seeds were dried and ground into flour, then pressed into tasty cakes!

Draw the yucca plant:

SMOOTH-BARK ARIZONA CYPRESS

Used for construction, windbreaks, and erosion control, the Arizona cypress is most known for being a popular Christmas tree!

How do you think the tree got its name, smooth bark?

Describe: _____

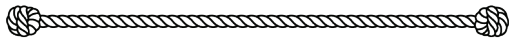
BE ON THE WATCH!

On this hillside, Dino Diane encountered a squadron of twenty javelinas.

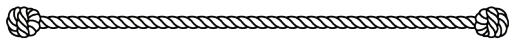


ONE-SEED JUNIPER

Native Americans use the seed in the bluish juniper berries to make ghost beads for jewelry, and black bears eat them to get happy. You can read how in the Dino Diane's Adventures series. It's a funny story!



Juniper bark was used for making Native American cradles, sandals, torches, as padding for baby carriers, and woven into bags.



Look to the left of the juniper at the rock formations in the distance. Like clouds, you can see all kinds of strange, mysterious creatures and shapes in them.

A thin, isolated rock is known as a spire, hoodoo, or chimney. Draw the outline of the rock formations:

LOOK BEHIND YOU!

See the light blue plant with wide, sword-like leaves? It is not a yucca! What is it? Download the Seek app by iNaturalist to find out!

Hint: Its nickname is the century plant! Draw a picture of it:

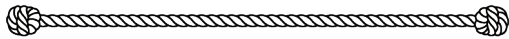
BEARGRASS

Known to grow near human activity, this plant is used by many tribes to make beautiful baskets. A gift from Mother Earth, it grows on rocky hillsides. Draw a picture of the plant:



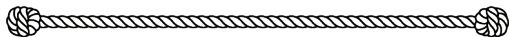
WAIT-A-MINUTE

Ouch! This is a dangerous painful plant because of its sharp claws. It'll grab you and hang on, thus, its name. Draw its thorny branch:

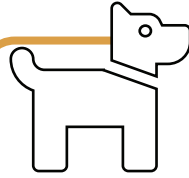


As you gaze east over the Sedona landscape, try to imagine 10,000 years ago. Many native peoples inhabited the caves carved into the canyon walls, growing beans and squash in the valley that received only 15 to 20 inches of rain a year.

Why the Sinagua, Anasazi, and Hohokam tribes disappeared from Sedona around 500 years ago remains a mystery.



In 1583, a Spanish expedition in search of rich Indian mines discovered the Sedona valley. Read more about the lost gold of Cibola in the Dino Diane's Adventures series for adventurers of all ages.



GRAB A POOP BAG!

WALKING A DOG?

Continue your nature walk past the dog park and turn right at the large red boulder before the road to complete the loop and finish your field journal.

POINTLEAF MANZANITA

A favorite of wildlife, the manzanita plant produces tiny green or red apples eaten by coyotes, foxes, black bears, and birds. Manzanita means "little apple" in Spanish and describes the tree's tiny, apple-like fruit. Common to the chaparral biome, its smooth, reddish bark, twisted branches, and thick leaves make the manzanita drought tolerant.

Draw the manzanita plant:

ADVENTURE TIP
Pack it in!
Pack it out!



CREATURE DRAWING

Dino Diane sees a dinosaur in these rock formations! What do you see? Use your imagination and draw your strange creature! Become an Adventure Member today and submit your drawing for an adventure badge!



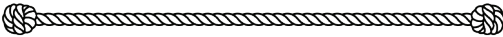
YOUR FAVORITE NUGGET OF THE DAY:

Everything you learn is like finding a golden nugget! What did you enjoy learning about most today? Tell Dino Diane about your adventure learning in nature. (Her favorite way to learn!)

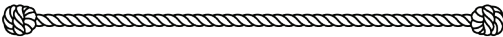


THINGS TO DO AT POSSE GROUNDS PARK...

At Posse Grounds, Sedona’s first 79-acre park, you’ll find walking trails, a bike skills park, disc golf, and a skate park. EV charging stations are also available in front of the Hub. The park offers ramadas to enjoy lunch or special events, along with a children’s playground, baseball fields, and courts for basketball, tennis, volleyball, pickleball, and bocce ball. It is the focal point for local festivals, concerts, and fun! Check out [visitsedona.com](https://www.visitsedona.com).



Take Sedona Shuttle Park 'n Ride to Soldier’s Pass/Cathedral Rock/Little Horse Trailheads, and Dry Creek Vista/Mescal Trailheads. Visit [sedonashuttle.com](https://www.sedonashuttle.com).



*Sedona Visitor Information Center
331 Forest Road, Sedona, AZ 86336
Call: 928.282.7722*



JOIN DINO DIANE’S ADVENTURE CLUB TODAY!

DinoDianesAdventureClub.com



DINO DIANE'S ADVENTURE CLUB... WRITING CONTEST!

Dino Diane wants to hear about your adventure learning in nature and all the fun you had with friends and family.

Write about, "My Dino Diane's Adventure Day at Posse Grounds Park."

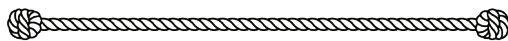
It's as easy as 1, 2, 3!

1. Become a member today!
2. Log in to your Adventure Portal for details.
3. Enter to win cash prizes of:

\$100 \$50 \$25

First Place Second Place Third Place

Join today and submit your entry to win!



LOOK WHO SUPPORTS OUR KIDS IN NATURE!



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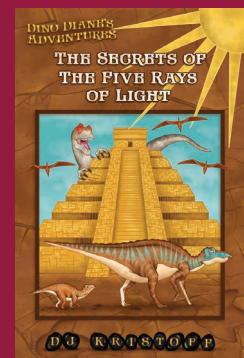
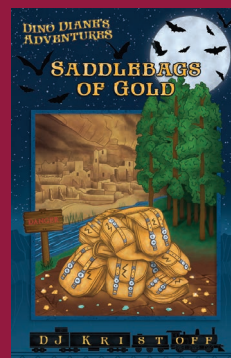
ACKNOWLEDGMENT AND ASSUMPTION OF RISKS AND RESPONSIBILITY and RELEASE OF LIABILITY

There are significant elements of risk in any adventure sport or activity associated with the outdoors and wilderness. In recognition of the inherent risks of any Dino Diane's Adventure Club suggested activities, parents and caregivers of any participating minor children will solely and fully assume responsibility for the safety and welfare of themselves and their children for any activities engaged in and confirm that adults and children are physically and mentally capable of participating in any such activity and hereby release and, in the case of minor children, indemnify Dino Diane's Adventure Club and any of its representatives and associations wholly and completely from all liability, and waive any claim for damages or injuries arising from any related cause whatsoever.

FIELD JOURNAL DESIGNED AND ILLUSTRATED BY GRETA VAN MORAN

WE APPRECIATE YOUR KIND SUPPORT!

Contact us today:
DinoDianesAdventureClub.com



BASED ON THE DINO DIANE'S ADVENTURES BOOK SERIES.

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