Get out and explore Arizona — and support healthy fun and healthy lungs — while you participate virtually in our LUNG FORCE Walk. The work of the American Lung Association impacts all Arizonans, which is why we continue to offer a virtual participation option.

When you choose to Walk Your Way, you join our virtual community of walkers as we head outside to one of the many beautiful trails throughout Arizona between January 29 and February 5. By participating, you’re supporting lifesaving lung health research and helping us advance important health initiatives, like the COVID-19 vaccine.

Here, we recommend trails across the state, but you’re not limited to these. If you have a favorite place to walk, lace up your shoes and hit the trail!

### Find your Walk!
Click here for a map of all the walks

<table>
<thead>
<tr>
<th>Location</th>
<th>Trail Name</th>
<th>Distance</th>
<th>Elevation Gain</th>
<th>Route Type</th>
<th>Difficulty</th>
<th>Features</th>
<th>Dogs</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLAGSTAFF</td>
<td>1. FATMAN’S LOOP TRAIL</td>
<td>2.4 miles</td>
<td>561 feet</td>
<td>Loop</td>
<td>Moderate</td>
<td>Wildflowers</td>
<td>Welcome, but must be kept on leash</td>
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<tr>
<td></td>
<td>2. CAMP BEALE LOOP</td>
<td>3.2 miles</td>
<td>580 feet</td>
<td>Loop</td>
<td>Moderate</td>
<td>Wildflowers, wildlife</td>
<td>Welcome, but must be kept on leash</td>
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<tr>
<td>KINGMAN</td>
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</tr>
<tr>
<td>PAYSON</td>
<td>3. MONUMENT PEAK LOOP TRAIL</td>
<td>3.4 miles</td>
<td>219 feet</td>
<td>Loop</td>
<td>Easy</td>
<td>Wildflowers, wildlife, scenic views, bird watching</td>
<td>Welcome, but must be kept on leash</td>
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<tr>
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<td>4. THUMB BUTTE TRAIL 33</td>
<td>2.5 miles</td>
<td>688 feet</td>
<td>Loop</td>
<td>Easy</td>
<td>Bird watching, views, wildlife</td>
<td>Welcome, but must be kept on leash</td>
</tr>
<tr>
<td>PRESCOTT</td>
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</tbody>
</table>
7. CIENEGA CREEK NATURAL PRESERVE
Gabe Zimmerman Davidson Canyon Trailhead
16248 E. Marsh Station Rd., Vail, AZ 85641

Distance: 3.2 miles
Elevation Gain: Unknown
Route Type: Loop
Difficulty: Moderate; appropriate for intermediate skill level
Features: Cienega Creek Natural Preserve, Davidson Canyon and the Arizona Trail
Dogs: Welcome, but must be kept on a leash

8. ESPERERO, RATTLESNAKE, & PHONELINE TRAIL LOOP
Sabino Canyon Recreation Area
5700 N. Sabino Canyon Rd., Tucson, AZ 85750

Distance: 4.3 miles
Elevation Gain: 702 feet
Route Type: Loop
Difficulty: Moderate; appropriate for intermediate skill level
Features: Wildflowers
Dogs: Not allowed

9. HOMOLOVI PUEBLO
Homolovi State Park
AZ-87, Winslow, AZ 86047

Distance: 0.4 miles
Elevation Gain: 6 feet
Route Type: Loop
Difficulty: Easy
Features: River, wildlife, historical site
Dogs: Dogs not allowed

10. EAST WETLANDS INTERPRETIVE TRAIL
Prison Hill Road and Giss Parkway, Yuma, AZ 85364

Distance: 2.6 miles
Elevation Gain: 22 feet
Route Type: Loop
Difficulty: Easy
Features: River, wildlife, historical site
Dogs: Welcome, but must be kept on leash