



OUTDOOR ADVENTURES

HIKING · BIKING · VOLLEYBALL · BIRDING

WELCOME TO YOUR GUIDE TO OUTDOOR ADVENTURES



The Wellness Professional team at Toscana Country Club is dedicated to providing Members the opportunity to connect with each other, challenge themselves and enhance their fitness and wellness routines while enjoying the great outdoors. The diverse destinations of the Coachella Valley, Southern California and the Western United States offer some of the most spectacular natural sights in the world and we take you there! Discover a love of the outdoors with memorable hiking, biking, birding and volleyball experiences.

TABLE OF CONTENTS

Hiking	1
Level 1 Trails	2
Level 2 Trails	3
Level 3 Trails	4
Biking	5
Level 1-3 Trails	6
Birding	7
Volleyball	8

HIKING



What better way to experience the beauty of the desert environment than to explore the wilderness trails surrounding the Coachella Valley and the Western United States! Toscana offers guided hikes of varying abilities through areas of remarkable natural diversity.

The hiking club at Toscana provides an array of hikes which take advantage of higher elevation alpine environments where cooler temperatures prevail along with trailheads in or near desert canyons. All Toscana hikes are led by knowledgeable and friendly guides who make safety and enjoyment top concern.

These wonderful hikes allow you to enjoy the magnificent scenery of the Coachella Valley and surrounding areas. You can spend time with Members pursuing similar interests or experience the deep satisfaction of conquering a challenging summit. Make time for hiking and let nature work its magic on you.

CHOOSING THE RIGHT HIKE

For your safety and enjoyment, it's important to choose a hike that suits your abilities and interests. Toscana hikes are graded numerically – from 1 for the easiest to 3 for the most challenging. In general, as you move up in number, the total amount of uphill and downhill increases, as does the pace. Other factors affecting a hike rating include degree of steepness, total miles and type of terrain. Every hike has qualities that make it unique, and every hike has sections that are rocky and uphill.

HIKING LEVELS

- 1** For beginning hikers or those who prefer a calmer pace. Moderate elevation gains. While hiking boots are recommended, shoes with good tread are acceptable.
- 2** More intense hikes with significant elevation gains and sections with steep terrain. Level 2 hikes are serious workouts at a brisk pace. Hiking boots highly recommended.
- 3** Much longer advanced hikes with elevation gains of up to and over 2,000 feet. These hikes require sustained endurance. Hiking boots required.

WHAT YOU NEED TO KNOW

- Sign up for hikes in advance at the Sports Club Desk or via Toscana website where hikes are listed each month. If you are unsure about which hike is best for you, consult a Sports Club Desk staff member for in-depth information regarding each hike.
- All hikes meet at the Sports Club desk.
- Toscana will provide water, towels and a snack on all hikes. Binoculars are available to check out from the Sports Club Desk for each hike. Each hiker is encouraged to bring a camera / cell phone to document the beauty and for accessibility. Hiking guides will bring a Toscana camera and will take pictures during the journey.

WHAT TO WEAR

- Capilene or other synthetic, lightweight, long or short sleeved top.
- Shorts or lightweight hiking pants.
- Hat for sun or wind protection.
- Light to medium weight hiking boots or trail shoes that fit well.
- Good hiking socks (some hikers prefer a thicker pair on top of thin liners).
- Windbreaker or light jacket for winter hikes or for higher elevation mountain hikes in the spring.
- Sweatshirt or sweater (fleece or wool) for winter hikes.
- Hiking poles can be helpful for stabilizing balance.

TRAILS

Scheduled hikes through season may vary due to conditions. For up to date offerings see the Sports Club Desk. ** NOTE: hiking time is noted along with drive time.

	Miles	Hours	Elevation Gain/Loss
LEVEL 1 HIKES			
Joshua Tree Lost Horse Mine Loop Trail	7	4	700 ft.

Sweeping panoramic views in the middle of the Joshua Tree National Park make this hike spectacular. Visit Lost Horse Mine which was the most productive gold mine in the history of the park. Drive time – 3 hours

La Quinta Cove Full Moon Hike	3	2	none
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Hike on the trails traveled centuries ago by the Cahuilla Native American Indians. Absorb the peace, tranquility and beauty of the La Quinta Cove after sunset as the moon’s glow reflects on the mountainside. Drive time – 40 minutes

Coachella Valley Preserve	3-4	2	none
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The Preserve is 17,000 acres located on the San Andreas Fault, fed by water seeping up through the cracks of the earth’s crust and running all year long in one of the driest places on earth. Enjoy the majestic nature and impressive beauty of the Coachella Valley Preserve. Drive time – 1 hour

LEVEL 1 HIKES (CONT).

Indian Canyons to Sacred Pools	6	3	500 ft.
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The Indian Canyons, dating back over 2,000 years have a rich history surrounding the Cahuilla Indians. This trail takes one through the largest Washingtonia Palm grove in the world and to the sacred pools of the canyon creek. Dramatic views of the Mt. San Jacinto and the desert enhance this paradise trail. Drive time - 1 ½ hours

Tram to Round Valley Hike	4	3	500 ft.
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The Palm Springs Aerial Tramway travels through 5 climate zones to 8,500 feet where this Hike begins. Hike past cool mountain streams, through meadows and enjoy beautiful scenery, wildlife and spectacular views of the desert. Drive Time – 1 hour and 30 min

Horsethief Creek Hike	6	4	700 ft.
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Hikers encounter cactus gardens, pinyon pines and junipers. In wet seasons, profuse spring wildflowers are everywhere. Look for the abandoned turn-of-the-century dolomite mine along the way. This is a ritual hike done each spring as an organized outing through the Sports Club. The hiking event includes a hot dog cookout by the stream. This hike is featured on the event calendar and does book up so RSVP. Drive Time - 1 hour

Palm Springs Aerial Tramway to Idyllwild	9	5	3000 ft. loss
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Once off the Tram at 8,500 feet, this trail traverses mountain forests across the desert divide and down to the quaint town of Idyllwild. You do not want to miss this hike through the majestic San Jacinto Mountains as the views are spectacular. Drive time - 2 hours

Boo Hoff Trail, La Quinta Cove	8	4	1800 ft.
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Venture from the urban edge of La Quinta into the Santa Rosa Wilderness where the trail started as a historic Indian path. You'll soon forget how close you are to civilization as you are now in the habitat of the Bighorn sheep! Enjoy spectacular vistas of the Salton Sea and the peaks of San Jacinto and San Geronio. Drive Time - 30 minutes

Box Canyon – The Grottos Cave Hike	6	4	300 ft.
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Cutting through the middle of the Mecca Hills lies a twisted, exotic topography. Within this artistic upheaval of sandstone is a cave system that was formed when ancient creeks cut through the landscape. This trail journeys through this mountain system and offers views of the Salton Sea and Santa Rosa Mountains. Drive Time - 1 ½ hours

Whitewater Preserve to Rainbow Rocks	7	4	400 ft.
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Starting at the historic Whitewater Preserve Trout Farm, this hike travels through Whitewater Canyon and Creek to the weeping wall of mineral rich rainbow rock. Drive time - 1 ½ hours

LEVEL 2 HIKES

Suicide Rock Idyllwild	7	4 ½	1,400 ft.
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Suicide Rock received its legendary name from a story of an Native American Princess who threw herself off the rock along with her lover rather than being separated as the Tribal Chief had ordered. This hike travels the Deer Springs Trail from the town of Idyllwild through the San Jacinto Mountains. From there hikers will meet up with the legendary Suicide Rock showcasing 360 degree views of the mountains and town of Idyllwild. Drive Time – 2 hours

Ladder Canyon	5	4	200 ft.
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In the Mecca Hills, The San Andreas Fault has uplifted , contorted and compressed this corner of the Coachella Valley into beautiful slot canyons. With ladders to assist us on our journey to this stark, moonscape painted canyon, this loop hike has one of a kind views and incredible rock formations. Drive time - 1 ½ hours

LEVEL 3 HIKES

Idyllwild to Tahquitz Lookout via Saddle Junction	8	5	2100 ft.
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This peak affords great views of Tahquitz Valley, Marion Peak, and Mt. San Jacinto to the north. To the south, the fantastic Desert Divide of the San Jacinto Mountain Range, the Salton Sea and the desert floor can be seen quite clearly.

Art Smith Trail	16	8	1200 ft.
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This trek is a real treat for the hiker who enjoys a full-day’s journey without excessive elevation gains. The Art Smith Trail serves as a major link between the Palm Desert portion of the Santa Rosa Mountains and Palm Canyon’s network of trails. Drive Time - 30 minutes

Murray Peak Palm Springs	9.5	5	2,100 ft.
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Travel on this historic pony express trail of days past. With surrounding views of the Coachella Valley and Palm Canyon below, the destination is Murray Peak with picnic tables awaiting for a grand lunch spot and vistas. The romance and myth of the old west echoes in these mountains. A tough hike yet worth the effort. Hiking poles suggested.

ROAD TRIPS

Havasupai Hiking Adventure,Grand Canyon

Explore the Grand Canyon by hiking to the Havasupai Indian Reservation and the village of Supai. Take pleasure in the beautiful alluring blue-green water falls spilling from red cliffs into brilliant aquamarine pools throughout your hiking expedition. This unique and awe-inspiring adventure in the West Grand Canyon is 4 days – 3 nights.

Zion Hiking Adventure

Zion, Utah’s oldest National Park, is characterized by high plateaus, deep stone canyons and striking rock towers and mesas. This park encompasses some of the most scenic canyon country in the United States including the stone hallways of the Virgin River. 4 days – 4 nights

BIKING



Toscana offers guided bike rides for Members of all ability levels. There are multiple rides to choose from including rides that stay within the confines of Toscana and others venture to areas in the Coachella Valley. In addition to the local rides, Toscana also offers road trips that involve out of town, day excursions. The Bike Club gives Members and guests the opportunity to connect with each other while honing skills and accomplishing goals. There are cycling events and tours planned throughout the season for Members to experience competition at any level and wonderful camaraderie.

Hybrid bikes are available to check out for short term use at a nominal cost by visiting the Sports Club Desk. Private guided tours or instruction may be arranged suited to ability and schedule. Bike rides are graded numerically – from 1 for the easiest to 3 for the most challenging.

BIKING LEVELS

- 1** For less experienced riders who have a basic ability to balance and steer a bike. Flat terrain to modest hills. Any style bike acceptable. Rides do not exceed 20 miles.
- 2** For riders with more experience who participate in regular cardiovascular exercise. Riding may still be new and navigating on one's bike may still be an acquired skill. Rides may include steep hills of limited duration. Moderate car traffic may exist.
- 3** Committed cyclists who ride weekly or very fit non-cyclists who want a challenge. Longer rides take place that can vary between flat and mountainous terrain. Moderate to heavy car traffic may exist.

WHAT TO WEAR

- Padded bike shorts are ideal, but lightweight, non bulky athletic shorts will work.
- Cool season (November – March) morning rides may require longer leg wear, along with a lightweight shell. Arm warmers serve to protect the arms and keep extremities warm.
- Sport-style sunglasses are recommended.
- Bike shoes are not required; running or aerobic shoes will suffice. As a cyclist progresses “clip in” shoes afford more efficiency.
- Helmet is required.
- Biking gloves are recommended.

RIDES

Rides are posted each month in the Sports Club. Scheduled rides through the season may vary due to weather and other conditions. Please sign up in advance at the Sports Club Desk for all rides so the proper amount of guides can be arranged.

LEVEL 1	Miles
Toscana Criterium- 1 lap	4.9
Toscana Criterium- 2 laps	9.8
Toscana Criterium- 3 laps	14.70
Toscana Criterium- 4 laps	19.60
Toscana Criterium- 5 laps	24.50
Eldorado/ Frank Sinatra/ Oasis Club Loop- 1 lap	7.46
Eldorado/ Frank Sinatra/ Oasis Club Loop- 2 laps	13.08
Eldorado/ Frank Sinatra/ Oasis Club Loop- 3 laps	18.70
Cook Street/ Varner Road/ Washington/ Sun City	18.52
Cook Street/ Varner Road/ Washington/ Sun City + Frances Way	20.30

LEVEL 2	Miles
Portola / Haystack Interval Climbs- 1 lap	12.45
Gerald Ford Loop	13.80
Portola / Haystack Interval Climbs- 2 laps	15.13
Cook Street / Varner Road/ Ramon Road/ Washington	20.00
La Quinta / PGA West	27.37
La Quinta / PGA West/ Tack Room	32.07
La Quinta / Trilogy	36.77
La Quinta/Trilogy / Tack Room	41.47
Eldorado / Frank Sinatra / University Park	

LEVEL 3	Miles
Hwy. 74 to Art Smith Trail with no stop	17.50
Portola / Haystack Interval Climbs- 3 laps	17.82
Portola / Haystack Interval Climbs- 4 laps	20.51
Hwy. 74 to Art Smith Trail with coffee stop	20.65
Portola / Haystack Interval Climbs- 5 laps	23.20

CYCLING DAY ROAD TRIPS	Level - Miles
Box Canyon (minimal traffic exists)	Level 3 - 40
40 Upper Santa Ana River Trail (No traffic, designated bike path)	Level 2 - 37
37 Lower Santa Ana - Bike to Beach - Yorba Regional to	
Huntington Beach (no traffic, designated bike path)	Level 2 - 49
49 Diamond Valley Lake-Mountain bike only	
(no traffic, designated bike path)	Level 2 - 23

TOSCANA ORGANIZED BIKE TOURS AND CYCLING OVERNIGHT TRIPS

Advanced registration required, please inquire with the Sports Club Desk for detailed itinerary.

Patriot Ride: Oct. 26, 2013

Pasadena Cycling Excursion: Jan. 7-8, 2014

Temecula Cycling Excursion: Feb. 25-26, 2014

Solvang Cycling Excursion: May 7-9, 2014

Palm Desert Century Ride: Nov. 9, 2013

Tour de Palm Springs: Feb. 8, 2014

Cycle San Diego: Apr. 2-3, 2014

Biking Burgundy, France - June 2014

BIRDING



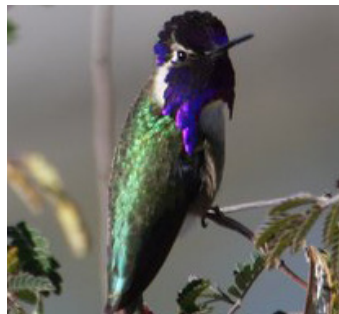
Bird watching slows you down, keeps you looking up and challenges your senses. You'll discover that birds are great works of art and produce amazing music. Being in nature with the birds can be a great escape and a form of meditation. There are many psychological and social benefits to bird watching such as decreasing anxiety, lowering blood pressure and helping with exercise.

WHAT TO KNOW

- All birding excursions meet at the Sports Club Desk and most depart on foot from the Club. For some day excursions, birders will meet and drive together to the birding destination.
- Binoculars are available at the Sports Club Desk, please inquire in advance for check out.
- Running or aerobic shoes required.
- Many Toscana Members have taken beautiful pictures of birds, we encourage you to bring a camera.

BIRDS AT TOSCANA

Join a birding guide for a morning excursion where you can focus your binoculars on one of the following birds that was sighted on Toscana property and many other wonderful species.



VOLLEYBALL



There are numerous benefits to playing the game of volleyball. It enhances hand-eye coordination and strengthens and develops fast reflexes. This team sport strengthens the upper body as well as the thighs and lower legs. Toscana offers ongoing opportunities to learn the game through technique workshops that strengthen skills before game play. Regularly scheduled team play is perfect for Members and guests to improve their skills and enjoy spending fun and active time together. In addition, exhibition matches are scheduled to watch advanced players.

The outdoor Volleyball Court at Toscana is conveniently located on the Sports Club grounds adjacent to the Tennis Center.

WHAT TO KNOW

- Contact the Sports Club Desk for use of the volleyball court for private game play or regularly scheduled workshops or events.
- Sport sunglasses and sport cap recommended.
- Attire - a sport top is required (tee shirts and sleeveless shirts are acceptable) and swim or athletic shorts (or any type of workout warm-up outer pants) must be worn at all times.
- Not permitted: bikinis, bathing suits without shorts for women or shirtless attire for men.
- Barefoot or soft athletic shoes are acceptable.





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