

Welcome to Albuquerque Senior Centers Hiking Group (ASCHG.org)

We have more than 400 hikes, with one starting almost daily from various Senior Centers or Multigenerational Centers. Come and make new friends while enjoying the great outdoors. We look forward to seeing you on the trail soon!

ASCHG is a volunteer organization sponsored by Albuquerque Senior Centers. Members of any Senior Center may hike with us. Please visit and browse the website at: ASCHG.org. You can join and log in to receive a wealth of additional information. There are 10 individual hiking groups listed online with information on their schedules, ratings, details, and locale, to stimulate your interest in exploring our New Mexico mountains, deserts, and waterways.

Choose a hike from the HIKE SCHEDULES tab on the website, or pick up information in person from one of the centers. Reserve your seat on the van by phone or in person at the center for the hike you selected.

Hiking is a fun and healthy activity; for your safety, please match the hike to your abilities. You must be generally fit and able to hike at least three or four miles. Remember, a short hike in nature is more challenging than walking the same distance in the neighborhood. Every hike description provides a rating indicating its level of difficulty. Start with one of these easier categories, and work your way up:

- A. **Easy**, up to 5 miles and 200 ft. uphill
- B. **Moderate**, up to 7 miles and 700 ft. uphill
- C. **Challenging**, up to 9 miles and 1500 ft. uphill

What to Bring:

- Wear sturdy shoes, preferably hiking boots, and a hat.
- Dress in layers and pack rain gear such as a poncho.
- Bring a daypack with your lunch and plenty of water.

Get acquainted with your hike leader, driver, and hike companions. They will be glad to share their knowledge about geology, plants, animal life, and cultural history. New Mexico backcountry has so much to offer, and going out with a group is one of the best ways to enjoy it.

Hiking 101: a great option for beginners

These half-day outings introduce you to everything a new hiker needs to know. Six week sessions run in spring and fall through Palo Duro Sports & Fitness Center: 3351 Monroe NE (505) 880-2800.

Learn More: Please go to RESPONSIBILITIES tab/Hikers on the website to get more details about do's and don'ts on the trail, and a thorough preparation for a successful hike.

About Us

Curious about how our hiking groups started? How long we've been around as an organization? Go to the ABOUT US tab on the website, and read Our History.