

## Sloan Canyon May Newsletter

What good is the warmth of summer, without the cold of winter to give it sweetness. – John Steinbeck

In May, the bitter cold of winter has ended, the spring winds have blown away, and now the warmth of summer is finally here. While it may be a time to enjoy the summer landscape, it is important to know how to enjoy the rising summer temperatures safely. Before each hike check the weather and trail conditions to ensure you have the proper amount of water, food, and sun protection.

**Education Tip**: While a Kangaroo Rat can go its entire life without drinking water, that is not true for people. With warm temperatures it's very important you are hydrating your body properly. One recommendation when performing moderate hiking in moderate temperatures is to drink about 0.5 liter of water per hour. However, as the activity or temperatures increases one's water needs can increase to 1 liter of water per hour. Everyone is different so your body may perform better with more or less water; it's important to figure out what is best for you.



A Kangaroo Rat in the Desert. Photo Credit: National Park Service

**<u>Fun Fact</u>**: May is the month to celebrate moms and one very interesting

mom you can find at Sloan Canyon is the Pepsis Wasp also known as a Tarantula Hawk. These moms require a tarantula to have their babies. The female Pepsis Wasp will find a tarantula, sting it to paralyze it, and lay her eggs in the still living tarantula. When the eggs hatch, they eat the tarantula. Moms are amazing.

Friendly Reminder: Sloan Canyon will be changing its

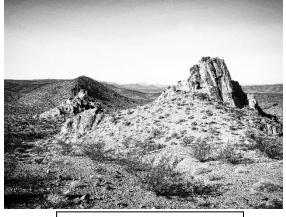
gate hours for the summer starting in late May. Due to high temperatures and to encourage safe hiking, the gate hours at Petroglyph Trailhead will change to 8am-12pm Monday to Thursday and 7am-12pm Friday to Sunday.

**Etiquette Principle**: Hiking in a group is always a good idea. You will have safety in numbers and hiking with others can lead to fun conversations. But when hiking with others it's important to never leave anyone behind and keep everyone in sight. One recommendation when hiking in groups is to have a lead and sweep designated in the group. The lead sets the pace and ensures everyone is on the right trail while the sweep is last making sure everyone is staying together. Also, if you are hiking in a large group, remember that on Petroglyph Trail group sizes are limited to 20 people or less. Please call 725-233-6339 if you have any questions.



A Pepsis Wasp fighting a Tarantula.

Photo Credit: BLM Volunteer



A geologic feature in the North McCullough Wilderness.

Photo Credit: BLM Staff