



A Nature Walk in Cascabel



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Listen to a mindful meditative journey through Cascabel



Table of Contents

Entering the Valley

06

Ecotone

08

Baicatcan

10

Cascabel

12

Hermitage

14

Garden

16

Riverbed

18

Contemplation

20

Credits

22

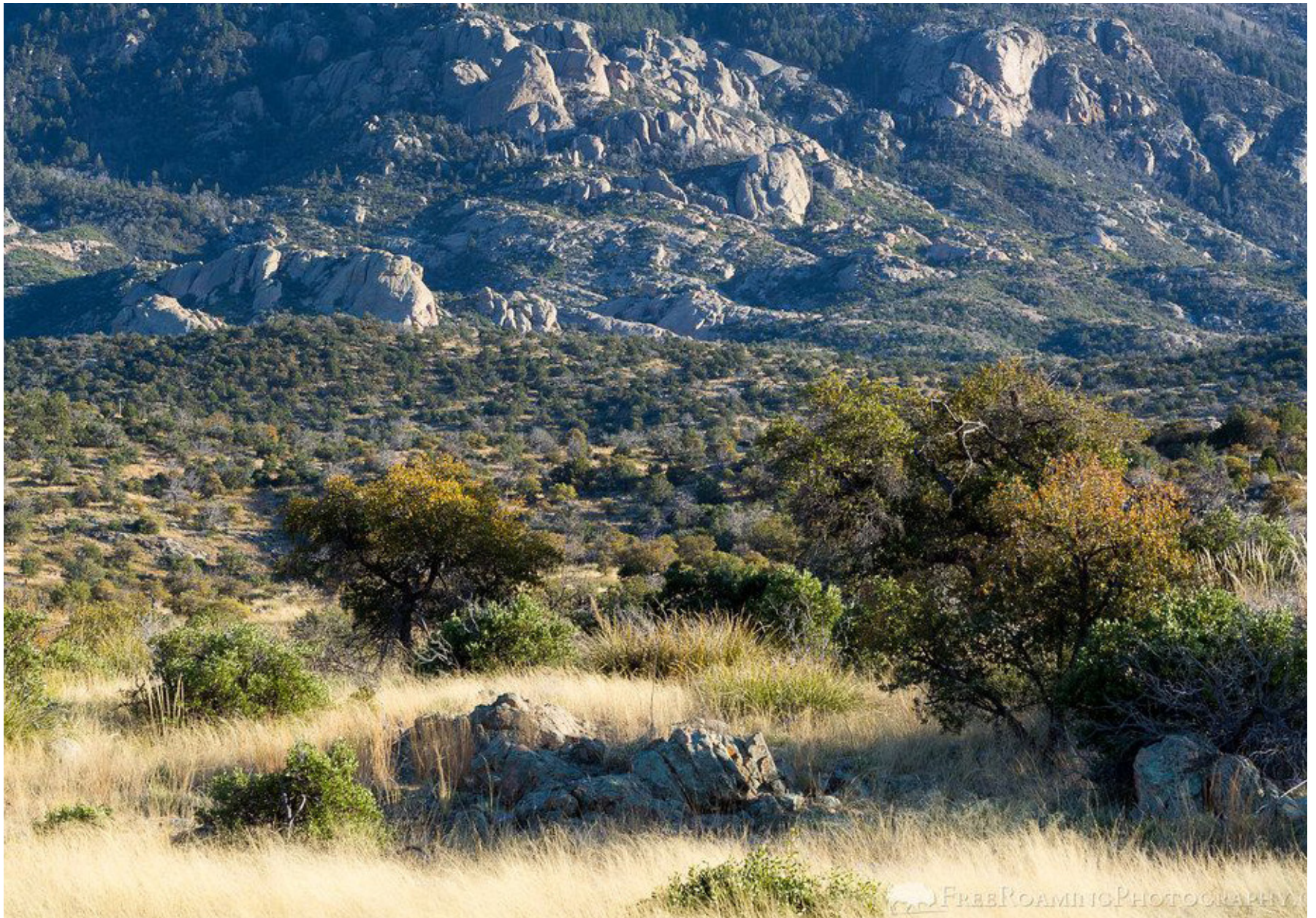
Today, I invite you to walk with me in a very special place.

We are entering the heart of the San Pedro River valley, a place of refuge for migrating birds, a community of land stewards, and a site of hermitage for enlightenment-seeking souls.

Entering the Valley



A Nature Walk in Cascabel



Ecotone

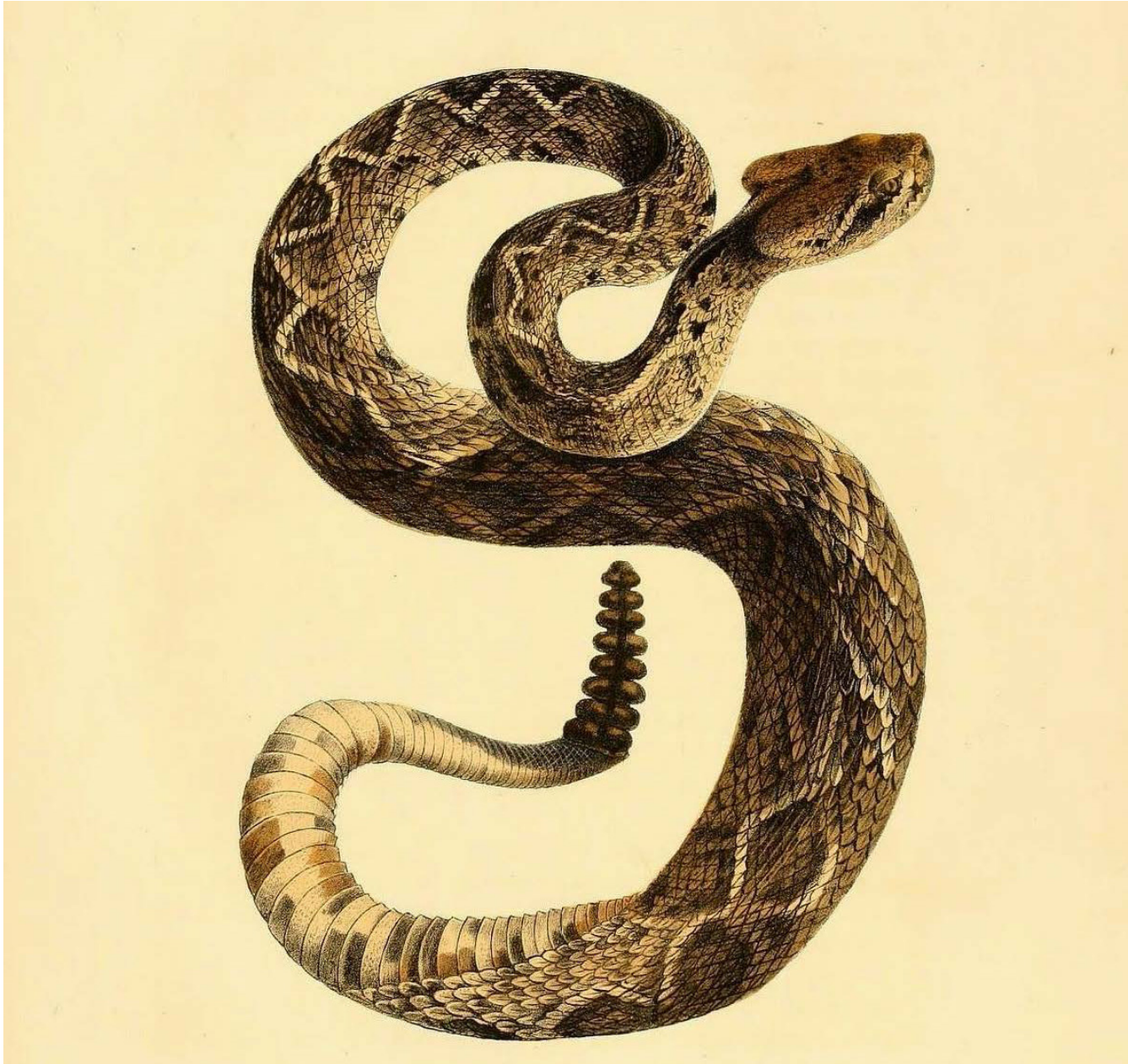


Home to an abundance of living beings and life-giving forces, an oasis at the meeting place of giants. The Saguaro and Chihuahuan deserts, the Madrean sky islands, and the Rocky Mountains all convene here.



Home of the Tohono O'odham, who endure, and their elders, the Hohokam,
whose mark on the land is subtle but everlasting.





Welcome to Cascabel.

This place is given the name by the Spanish word for “Jingle Bells”, or the
trembling tail of a rattlesnake.

A simple shelter nestled within a bosque of mesquites.

Within those walls, philosophers, artists, seekers of all kinds have come to find solace, peace, and understanding in the midst of this mystical landscape.

Hermitage



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Garden

We meet two gentle souls who tell us the story of the garden,
working with the Earth and with the community to enrich the soils and feed one another.



Deeper in the riverbed the edges are soft and loamy, caked with cracked, gray clay.
It is wet and cool in your hand.





You find yourself on a well-travelled highway, lined with giant mistletoe-crowned cottonwoods and invasive tamarisk. Their deep root systems peeking through the walls at the edges of the riverbed, disappearing underground as they tap into the subterranean river that runs beneath your feet. You wonder if the landscape must yearn for its perennial flowing water.

Contemplation



Does it ache at the loss of its engineers, the departed beavers who nourished the soils with the byproducts of their work?
As the world changes, do more of the creatures of this place face the same fate as the great brown bears that once roamed these hills?
As the world changes, this place might change too.

Photo & Illustration Credits

Cover

- Illustration of a twisted mesquite tree drawn in pen. Ocular Reverie.
<https://www.deviantart.com/ocularreverie/art/Twisting-Tree-336841860>
- Cover photo of the Middle San Pedro watershed from the Cascabel Conservation Association website. Artist Unknown.
<https://cascabelconservation.org/conservation/>

Contents

- Illustration of the southern desert climate. W.W. Pierce.
@willustrating

Entering the Valley

- Photo of a trail on Mica Mountain from the World Elevation Map Finder. Artist Unknown.
https://elevation.maplogs.com/poi/mica_mountain_arizona_usa.3717.html

Baicatcan

- Illustration of a mission-era Tohono O’odham village community from the National Park Service website on the Native Peoples of the Sonoran Desert. Artist Unknown.
<https://www.nps.gov/articles/oodham.htm>
- Photo, aerial, of Sobaipuri dwelling foundation at the Taylor site from Archaeology Southwest.
<https://www.archaeologysouthwest.org/2016/12/21/new-site-protection-acquisition-the-taylor-site/>
- Photo of Tohono O’odham pottery shards. Chris Zatarain, UofA Undergrad

Ecotone

- Photo of Mica Mountain above desert grassland from Sunrise Maps. Artist Unknown.
https://sunrise.maplogs.com/n_cascabel_rd_benson_az_usa.158218.html

Photo & Illustration Credits

Cascabel

- Illustration, scientific, of a rattlesnake from the Biodiversity Heritage Library on Flickr. Artist Unknown.
<https://www.flickr.com/photos/biodivlibrary/>

Garden

- Photo of 2021 Diana Liverman Scholars harvesting snap peas in the Cascabel community garden. Ariane Mohr-Felson, Arizona Institute for Resilient Environments & Societies
- Photo of a Cascabel goat. Chris Zatarain, UofA Undergrad

Hermitage

- Photo of the hermitage among blooming wild poppies from the Cascabel Conservation Association website. Artist Unknown.
<https://cascabelconservation.org/hermitage/>
- Photo of windmill in Cascabel from Cascabel's community links website. Artist Unknown.
<https://cascabel.org/community-links/>
- Photo of saguaro in Cascabel from Cascabel's community center website. Artist Unknown.
<https://cascabel.org/>

Riverbed

- Photo of San Pedro River profile. Dervla Meegan Kumar, UofA Ph. D Candidate
- Photo of cracked clay soil in the riverbed. Chris Zatarian, UofA Undergrad

Contemplation

- Photo of the San Pedro River in flow from the Nature Conservancy. Artist Unknown.
<https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/san-pedro-river/>

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