



# HIKE-A-THON KICK-OFF

9 A.M. – 12 P.M.  
SUNDAY, OCT. 1, 2023

LOS PENASQUITOS RANCH HOUSE • 12122 Canyonside Park Drive, San Diego, CA

Join Nature Unplugged as they kick off their 2023 Hike-A-Thon in San Diego! Weather conditions are just right to embark on some of the region's best trail adventures. Attend this event to learn how to register for the Hike-A-Thon, join a team and begin tracking your mileage.

To encourage you to go the extra mile, the County of San Diego Department of Parks and Recreation will be hosting ranger-led hikes every Saturday morning, throughout the month of October. Details on those hikes will be shared at this free and family-friendly event.

## AGENDA

9 A.M.

Resources Tables & Wellness Info

10 A.M.

Presentation & County Proclamation

10:20 A.M.

Fitness Activity / Nature Walk

ALL DAY

Open Museum, Barn & Animal Area



Learn more about  
the Hike-A-Thon  
and sign up:



Learn more about  
ranger-led hikes  
in October:



**Nature Unplugged** is a non-profit organization dedicated to balancing screen time with green time to promote mental and physical wellbeing. Every October, they host Hike-A-Thons across the U.S. with a dual purpose: To encourage people to spend quality time in nature, unplugged, and to raise money to provide scholarships and subsidized Nature Unplugged services for organizations and communities in need.



### FOR MORE INFORMATION:

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