

# HIKE-A-THON KICK-OFF

**Saturday, Sept. 27, 2025 • 9 a.m. – 12 p.m.**

## **Los Peñasquitos Ranch House**

**12122 Canyonside Park Drive, San Diego, CA 92129**

Join Nature Unplugged to kick-off their 2025 Hike-A-Thon in San Diego County! This free, family-friendly event features wellness and nature themed booths with giveaways and fun activities for all ages.

Hike for health and wellness in the digital age – join us for weekly ranger-led hikes hosted by County Parks each Saturday in October. Build community, discover new trails and experience the benefits of time in nature. More green time - less screen time.



### **KICK-OFF AGENDA**

**9 A.M.**

#### **Hike-A-Thon Expo Begins**

- Games and Activities
- Nature Discovery Table
- Animal Ambassadors
- Scavenger Hunt
- Live Well on Wheels Bus
- Ranch House and PQ Goats



**9:45 A.M.**

#### **Guest Speakers from County of San Diego and Nature Unplugged**

**10 A.M.**

#### **Ranger-led Hike Along Peñasquitos Creek**

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



Learn more about  
the ranger-led  
hikes in October:



**[sdparks.org/Hike-A-Thon](https://sdparks.org/Hike-A-Thon)**



#### **For more information:**

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