

# HIKE-A-THON KICK-OFF



**Saturday, Sept. 28, 2024 | 9 a.m. – 12 p.m.**

## Los Peñasquitos Ranch House

12122 Canyonside Park Drive, San Diego, CA 92129

Join Nature Unplugged as they kick off their 2024 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.



## KICK-OFF AGENDA

- 9 a.m.** Event Begins  
Resource Tables Open
- 9:45 a.m.** Program / Presentation
- 10 a.m.** Ranger-led Fun Hike  
Resource Tables Reopen
- 12 p.m.** Event Ends

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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