



Press Release

PR17 – 005

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HIKE YOUR HEART OUT FEBRUARY 11th REGISTER BY FEBRUARY 8th

Chino Hills, CA – Hike Your Heart Out with the City of Chino Hills Healthy Hills Committee and Chino Hills State Park Rangers on Saturday, February 11th from 9:00 a.m. to noon at Chino Hills State Park. Kids and adults of various fitness levels will be able to explore Chino Hills State Park with knowledgeable State Park staff and volunteers. The event is free, but you must pre-register at www.chinohills.org/HealthyHills. Parking will be \$5. There will be an easy hike (30 – 45 minutes) or a moderate hike (60 – 90 minutes). The entrance to the State Park is located at 4721 Sapphire Road near Elinvar and Soquel Canyon Parkway. Participants should allow about 15 minutes to drive to Rolling M Ranch inside the State Park. Healthy Hills staff will be on hand to share health and wellness tips, including ways to keep your heart healthy!

This event was scheduled after the “First Day Hike” on New Year’s Day was rained out. Over 200 people had registered to participate. Chino Hills State Park is a gem right in Chino Hills’ own backyard. There is no other State Park, in an urban area, where people can drive a short distance and be swept away with scenic vistas as they hike, bike, or ride a horse on over 90 miles of trails. At 14,102 acres, the Park is managed as an open space habitat where all plant and animal life are protected. Enjoy the beauty with the entire family and join the First Day Hike. For more information, call (909) 364-2700.

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