The City of Chino Hills, in collaboration with
Chino Hills State Park, presents…

JANUARY

1

FIRST DAY HIKE

Start the new year off right with Healthy Hills! Join us for a beautiful morning exploring Chino Hills State Park. Participants may sign up for an easy hike (30-45 minutes) or a moderate hike (60-90 minutes) that will be led by State Park Rangers. In addition to the hikes, Healthy Hills staff will be on site to offer health and wellness tips, as well as goal setting assistance for 2017!

Sunday, January 1, 2017

9:00 a.m.- 12:00 p.m.

*Chino Hills State Park
4721 Sapphire Road
Chino Hills, CA 91709
*Meet at Rolling M Ranch

Pre-registration required by
Tuesday, December 20, 2016

Register online:
www.chinohills.org/HealthyHills

Park Day Use Fee:
$5 per car (parking is limited)
*No other registration fees apply.

*Register Early!
First 100 participants will
receive a free backpack!

California State Parks SINCE 1864

Chino Hills Healthy Hills
IT'S A LIFESTYLE