

Santa Clara County Parks Outdoor Recreation Presents

Healthy Trails is a FREE fitness challenge providing a fun and adventurous way to exercise, get fit, and to connect with nature as you explore miles of spectacular Santa Clara County park trails. Your Challenge: To walk, ride, run or roll 5 different trails!



Healthy Trails is brought to you by Santa Clara County Parks, in partnership with Kaiser Permanente San Jose, Santa Clara County Public Health Department Nutrition and Wellness, and Steps to a Healthier Santa Clara County.

Upcoming Healthy Trails Outings: Free! Everyone is welcome!

Easy

Saturday, August 2, 2008, 10 am – Noon

At Hellyer County Park – Coyote Creek Trail

Safe Biking Adventure with Ranger Ryan Lugo

Learn to safely explore park trails by bike. Proper equipment, resource protection, hazards and rider courtesy will be explored.

Meet at the Hellyer Ranger Office with your bike, helmet and water. Parking Fee

Easy

Sunday, August 17, 2008, 9 – 11 am

At Anderson County Park – Coyote Creek Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Malaguerra Ave. Parking Lot – No Fee

Easy

Saturday, August 30, 2008, 9 - 11 am

At Hellyer County Park – Coyote Creek Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Cottonwood Group Area at Hellyer Parking Fee

Moderate

Saturday, September 6, 2008, 9 – 11 am

At Calero County Park

Figueroa/Vallecito/Pena/Los Cerritos Trails

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Calero Parking Lot – No Fee

Moderate

Saturday, September 13, 2008, 9 - 11 am

**At Coyote Lake-Harvey Bear Ranch Park
Coyote Ridge Trail**

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Mendoza Ranch Staging Area Parking Fee

Moderate

Saturday, September 27, 2008, 9 - 11 am

At Mt. Madonna County Park – Sprig Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Sprig Day Use Parking Area – No Fee

Easy

Saturday, October 25, 2008, 9 - 11 am

At Uvas County Park – Waterfall Loop Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Uvas Parking Lot – Parking Fee

Strenuous

Saturday, November 8, 2008, 9 am - Noon

At Calero County Park

Figueroa/Javelina/Pena/Los Cerritos Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Calero Parking Lot – No Fee

Easy

Sunday, November 16, 2008, 9 - 11 am

At Mt. Madonna County Park Miller Nature Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Miller Nature Trail Parking Lot Parking Fee

Easy

Sunday, December 21, 2008, 9 - 11 am

At Uvas County Park – Waterfall Loop Trail

Healthy Trails Challenge Hike with Cait Hutnik

Meet at the Uvas Parking Lot – Parking Fee

Please remember:

- * **An adult must accompany anyone under the age of 18**
- Wear comfortable shoes
- Bring a hat and sunscreen
- Bring water & snack if desired
- Bring a camera

Please visit Parkhere.org for more classes & outings!

FOR MORE INFORMATION CONTACT:
Santa Clara County Parks Department
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Email: Sabine.Sander@prk.sccgov.org
www.parkhere.org



**SANTA CLARA
COUNTY PARKS**