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**NEWS
RELEASE**

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Hike-A-Thon Series Returns

Get Your Hiking Passport Stamped and Win Prizes While Exploring the Outdoors

EL PASO, Texas— The City of El Paso's Live Active EP, in partnership with the Department of Public Health's Be Well El Paso program and the City's Shape It Up employee program, invites the community to the 2023 Hike-A-Thon series beginning Saturday, April 22.

The free series is open to beginner or experienced people of all ages who are interested in exploring the outdoors, our City's trails, or wanting to improve their overall health and wellness by getting outside and moving.

Hiking is a fantastic way to disconnect from technology and reconnect with nature. Aside from visiting different trailheads throughout our City, hiking is a great way to get fresh air, meet new people, and find an opportunity to practice mindfulness techniques, engage in self-reflection, strengthen your muscles, and boost your health.

Hikes are beginner-friendly to moderate difficulty. Registration is not required but is encouraged to receive the most up-to-date information on each hike. To sign-up, visit bit.ly/41Dupaf. Participants will be given a Hiking Passport, and if they complete four of the hikes, they will receive a prize. An additional prize will be given to participants who complete all six hikes.

Hiking Schedule (5 Hikes)

All hikes begin at 7:30 a.m.

- April 22: Lost Dog Trailhead, 1651 Redd Rd.
- May 13: Palisades Canyon Loop, 1787 E Robinson Ave.
- June 10: Knapp Canyon Open Space Trail, 8540 Mountain View
- July 15: Jan Sumrall Memorial Trailhead, 1105 Thunderbird Dr.
- August 12: Thousand Steps Trailhead, 4999 N Stanton St.

Participants should wear sturdy shoes, sun protection, weather-appropriate clothing, and bring plenty of water.

For more information about Live Active EP and to view all programming and events, visit www.LiveActiveEP.com/events or follow Live Active EP on Facebook, Instagram, and Twitter.

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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