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**NEWS
RELEASE**

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Step Into the 2025 Hike-A-Thon Series with Live Active El Paso

Get a Hiking Passport and Win Prizes While Outdoors

EL PASO, Texas—Trail lovers and outdoor enthusiasts are invited to join the 2025 *Live Active El Paso Hike-A-Thon* series, kicking off Saturday, April 19, and running through September at scenic trails across El Paso.

The Hike-A-Thon offers a range of trails—from beginner-friendly paths to moderately challenging routes—designed to encourage physical activity while connecting participants with nature. Each hike features breathtaking landscapes and an opportunity to boost physical and mental wellness.

"The Hike-A-Thon series is a great example of how we can inspire our community to embrace a more active and healthier lifestyle while enjoying the beauty of our local trails," said Parks and Recreation Director Pablo Caballero. "It's more than just physical activity—it's about connecting with nature, building community, and making wellness a part of everyday life."

Studies show that hiking not only strengthens muscles and supports heart health but also reduces anxiety and enhances overall mood. The goal of the Hike-A-Thon is to promote outdoor recreation as a fun and rewarding way to support mental and physical well-being.

Residents can register at <https://forms.office.com/g/7P25gBdyD8?origin=lprLink> to receive detailed trail information and a *Hiking Passport*. Participants who complete at least four hikes will receive a prize.

The 2025 Hike-A-Thon kicks off at 7:30 a.m. on Saturday, April 19, at Lost Dog Nature Preserve.

Hiking Schedule (All hikes begin at 7:30 a.m.):

- **April 19:** Lost Dog Nature Preserve, 1651 Redd Dr.
- **May 17:** Lazy Cow Trailhead, Officer Andrew Barcena Dr.
- **June 21:** Maze Trail, Jon Cunningham Blvd.
- **July 12:** Old Tin Mines, Jon Cunningham Blvd.
- **August 16:** Palisades Canyon Loop, 1787 E Robinson Ave.
- **September 20:** Knapp Land Nature Preserve, 8540 Mountain View Dr.

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

For more information on the Hike-A-Thon series, including updates visit Live Active El Paso at www.LiveActiveEP.com follow Live Active EP on Facebook and Instagram.

The 2025 Hike-A-Thon is a collaboration between Live Active El Paso, Texas Parks and Wildlife, the Be Well El Paso program from the Department of Public Health, Liv3 Athletics, and Frontera Land Alliance.

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

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