



# News Release

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**For Immediate Release**  
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*(MILL VALLEY, Calif.)--*

**WHAT: A free “Healthy Parks Healthy People” stretching session and Park Ranger guided walk followed by organic, gluten free cookies and hot chocolate on Saturday, January 3rd, at Mount Tamalpais State Park.** The walk is designed with beginning hikers in mind. Healthy Parks Healthy People (HPPH) harnesses the power of parks and public lands in promoting the health of people and the environment.

**The easy, one mile, 30 minute walk starts and ends at Pantoll Ranger Station.** We will pass thru lush foliage and trees along Old Mine Trail and will be met with fabulous views of the mountains and ocean looking out towards San Francisco from the veteran’s bench viewpoint. Parking is available for \$8 at Pantoll Parking lot off of Panoramic Highway or you can take the bus to the park. The walk will leave just after the arrival of the Marin Transit Stage Route #61 at Pantoll **at 9:04 AM. Please meet at the kiosk in the parking lot.** Participants should come prepared for changeable weather. Make sure to wear comfortable walking shoes or hiking boots and bring a water bottle. Restrooms and a water fountain are available at Pantoll. The walk will happen rain or shine. If you wish to embark on a longer hike afterwards, the Park Ranger can offer hike suggestions and give out free maps to those who are interested.

HPPH activities will be ongoing at Mt. Tamalpais on the first Saturday of every month. A schedule will be posted online at [www.parks.ca.gov/mttam](http://www.parks.ca.gov/mttam). The bus schedule is available online at <http://www.marintransit.org/routes/61.html>.

Healthy Parks Healthy People connects people to parks through health promotion, fosters society’s understanding and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards. HPPH is an important collaboration with over 30 public and private Bay Area groups including California State Parks, The Institute at the Golden Gate, and the National Park Service.

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*To provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.*