



News Release

For Immediate Release
December 18, 2014

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California State Parks Begin New Year With First Day Hikes

SACRAMENTO, CA.—This New Year's Day 2015, California State Parks will kick-off the 4th Annual First Day Hikes, planned at several parks across the state. Events will all take place on Thursday, January 1 in 37 state parks, which will offer at least 46 different activities, including hikes in the redwoods, the deserts and along the coast and beaches, as well as a paddle hike, and more. Distance and rigor will vary per hike/activity, so visitors are encouraged to check out details of start times and description of hikes.

First Day Hikes is a signature event designed to offer visitors the opportunity to connect to their parks and nature for recreation, and to promote a healthy lifestyle throughout the year. Events are guided by State Parks staff and volunteers.

"California's state parks are some of the most diverse in the world, and offer a variety of resources and activities for our visitors," said California State Parks Acting Director, Lisa Mangat. "We are proud to participate in this nationwide activity that prompts people to begin their New Year exploring nature and connecting with their families and communities."

This is the fourth year California has participated in the First Day Hikes Program. Last year, there were over 850 hikes across the nation, with more than 28,000 visitors participating, which represented a 6,000 increase over 2013. California offered the most hikes at 43, had the most participants at 3,329, and visitors hiked 9,600 miles, the most of any other state.

California State Park's 2015 First Day Hikes include (weather permitting):

Butte County

- [Lake Oroville State Recreation Area](#) (1 hike)

Humboldt County

- [Humboldt Lagoons State Park](#) (2 hikes: paddle/kayak; walk/hike)
- [Standish-Hickey State Recreation Area](#) (1 hike)



Kern County

- [Red Rock Canyon State Park](#) (1 hike)

Lake County

- [Anderson Marsh State Historic Park](#) (1 hike)

Los Angeles County

- [Saddleback Butte State Park](#) (3 hikes)
- [Santa Susana Pass State Historic Park](#) (1 hike)

Marin County

- [Angel Island State Park](#) (1 hike)
- [Mount Tamalpais State Park](#) (1 hike)

Mendocino County

- [MacKerricher State Park](#) (1 hike)
- [Mendocino Headlands State Park](#) (1 hike/gray whale sightings)
- [Russian Gulch State Park](#) (1 hike)
- [Van Damme State Park](#) (1 hike)

Monterey County

- [Asilomar State Beach](#) (1 hike)

Orange County

- [Crystal Cove State Park](#) (1 hike)
- [San Onofre State Beach](#) (1 hike)

Riverside County

- [Mount San Jacinto State Park](#) (1 hike)
- [Lake Perris State Recreation Area](#) (1 hike)

Sacramento County

- [Folsom Powerhouse State Historic Park](#) (1 hike)
- [Folsom Lake State Recreation Area](#) (1 hike)

San Mateo County

- [Año Nuevo State Park](#) (1 hike)
- [Burleigh Murray Ranch State Park](#) (1 hike)
- [Gray Whale Cove State Beach](#) (1 hike)

Santa Barbara County

- [Gaviota State Park](#) (1 hike)
- [Carpinteria State Beach](#) (1 hike)

Santa Cruz County

- [Castle Rock State Park](#) (1 hike)
- [Henry Cowell Redwoods State Park](#) (2 hikes)
- [Big Basin Redwoods State Park](#) (4 hikes)
- [Wilder Ranch State Park](#) (1 hike)



San Diego County

- [Anza Borrego Desert State Park](#) (2 hikes)

San Luis Obispo County

- [Morro Strand State Beach](#) (1 hike)
- [Oceano Dunes State Vehicle Recreation Area/Pismo State Beach](#) (2 hike)

Sonoma County

- [Armstrong Redwoods State Natural Reserve](#) (1 hike)
- [Jack London State Historic State Park](#) (1 hike)
- [Salt Point State Park](#) (1 hike)
- [Sonoma Coast State Park](#) (1 hike)
- [Sugarloaf Ridge State Park](#) (1 hike)

For a complete list and detailed information on First Day Hikes, visit California State Park's website at: www.parks.ca.gov/?page_id=27631 or call (916) 654-7538.

Responsible for almost one-third of California's scenic coastline, the California State Park system includes 280 parks, beaches, trails, wildlife areas, open spaces, off-highway vehicle areas, and historic sites. It consists of approximately 1.59 million acres, including over 339 miles of coastline, 974 miles of lake, reservoir and river frontage, approximately 15,000 campsites and alternative camping facilities, and 4,456 miles of non-motorized trails. State park units include parks, underwater preserves, and reserves; redwood, rhododendron, and wildlife reserves; state beaches, recreation areas, wilderness areas, and reservoirs; state historic parks, historic homes, Spanish era adobe buildings, including museums, visitor centers, cultural reserves; as well as lighthouses, ghost towns, waterslides, conference centers, and off-highway vehicle parks.

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California State Parks Mission

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.

