



News Release

For Immediate Release
August 5, 2016

Contact:
Annadel State Park
6201 Channel Drive
Santa Rosa CA 95409
707-539-3911

Hike for Health -- AM Annadel State Park

SANTA ROSA, CA

Event Date: Friday, September 9, 2016
Time: 10 AM Hike Departure to about noon
Location: Channel Drive/Warren P Richardson Trailhead parking lot
Trails: Channel/North Burma/Richardson Loop

Look and feel better, one step at a time. A walk in nature is a great way to restore body, mind and spirit. This will be a medium-paced, naturalist-led 4-mile trail hike; approximately 400" vertical gain. We'll learn about park geology and history, native plants and wildlife. Wear hiking shoes, bring water and snack. **RAIN CANCELS.**

No advance reservations needed. Cost is \$7.00 park day use fee per car, payable at the park entrance stop sign. There are restrooms and water at the parking lot. There are no restrooms or water along the hike route. Dogs are not allowed on trails.

Directions: drive to the stop sign at 6201 Channel Drive, pay fee; drive 1 mile to Channel Drive/Warren P Richardson Trailhead parking lot. Please park on the right-hand side of the lot to accommodate horse trailer parking on the opposite side.

Thank you to Annadel State Park Volunteers for providing this opportunity.

