

# HIKE FOR HEALTH

*Caminar por su salud*

**PRIMERA CAMINATA - 16 DE MARZO**

**PERFECTO PARA PRINCIPIANTES • ABIERTO PARA TODOS**

Únase a Chelan-Douglas Land Trust y CVCH para el 2019 Caminata para Salud series. ¡Mejore su salud, sea parte de un equipo, disfrute de obsequios y participe para tener la oportunidad de ganar grandes premios!

## **Eight Great Hikes All Led By A Guide**

*Ocho grandes caminatas guiadas por una guía*

March 16: Dry Gulch Road (2.4 miles, 1.5 hours)

April 20: Chelan River Trail (3.4 miles, 2 hours)

May 18: Apple Capitol Loop Trail (3.2 miles, 1-1.5 hours)

June 15: Lake Clara (3 miles, 2.5 hours)

July 20: Jacobson Preserve (1.3 miles, 1 – 1.5 hour)

August 17: Stormy Creek (Entiat River Valley) (1 mile, 1-1.5 hours)

September 21: Odabashian to Coyote Dunes (2.6 miles, 1.5 hours)

October 19: Saddle Rock to summit (2 miles, 2.5 hours)

**To signup, visit [cvch.org/hiking](http://cvch.org/hiking)  
Para inscribirse, visite [cvch.org/hiking](http://cvch.org/hiking)**

Join the Chelan-Douglas Land Trust and CVCH for the 2019 Hike for Health Series. Improve your health, be part of a team, enjoy free gifts and be entered for a chance to win great prizes!

**First Hike - March 16th**  
*Perfect for beginners • Open to everyone*

**CHELAN~DOUGLAS  
LAND TRUST**

**Thank You To Our Sponsors**  
**#2019Hikeforhealth**  
*Gracias a nuestros patrocinadores*

 **CVCH**