





Press Release

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FOR IMMEDIATE RELEASE

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Point Lobos State Natural Reserve Celebrates the 150th Anniversary of California State Parks on New Year's Day

Rejuvenate by taking a family friendly trek through a state park close to home

Carmel – Point Lobos State Natural Reserve will sponsor a guided exploration of the Sea Lion Point area on New Year's Day as part of America's State Parks First Day Hikes initiative in all 50 states. America's State Parks First Day Hikes offer individuals and families an opportunity to begin the New Year rejuvenating and connecting with the outdoors on January 1, 2014 at a state park close to home.

This is the third year that California has participated in First Day Hikes, which drew more than 22,000 participants to hikes throughout the nation last year. The program originated more than 20 years ago at the Blue Hills Reservation, a state park in Milton, Mass.

This year, however, the hikes are special for the Golden State. Officials are using the occasion to celebrate the 150th anniversary of state parks in California. In all, the state is offering 38 hikes Wednesday at 31 state parks in California's deserts, redwoods and coastal regions.

"We want to connect people to their parks and make the First Day Hikes an annual family tradition for our visitors," said Major General (USMC Ret.) Anthony Jackson, Director of California State Parks. "First Day Hikes are a great way to cure cabin fever and burn off those extra holiday calories by starting off the New Year with an invigorating walk or hike in one of our beautiful state parks."

America's State Parks boast a variety of beautiful settings for year-round outdoor recreation, and each First Day Hike will offer an opportunity to explore the unique natural and cultural treasures close to home. From California to Maine, hikers can climb hills and mountaintops, walk along ponds and beaches, and traverse trails through forests, fields and prairies. Visitors can expect to be surrounded by the quiet beauty of nature in winter, experience spectacular views and vistas and benefit from the company of a knowledgeable state park guide.

"Studies have proven that getting outdoors is one good way to relax and recharge the body, mind and spirit," stated Phil McKnelly, National Association of State Park Directors (NASPD) Executive Director.

At Point Lobos, visitors of all abilities are welcome to enjoy the Sea Lion Point trail at their own pace. The upper plateau at Sea Lion Point is 90 feet above the water. Headland Cove and Sand Hill Cove are prominent and spectacular. There are two wheel chair accessible benches on the trail for relaxation and wildlife viewing. Look for otters and harbor seals. Docents with scopes, binoculars, otter pelts, photos and more will be stationed along the trail from 11am to 1pm to make the Reserve come alive.

Contact Point Lobos at (831) 624-4909 if you are planning to bring a group. Entrance fee discounts are available for qualifying individuals or groups. Entrance to the park is \$10/ car or \$9/ for seniors. Three push type wheelchairs are available for use. One is located at the entrance

kiosk, one at the Sea Lion Point parking area, or one by calling the entrance kiosk at (831) 624-4909. Disabled discount cards are available for \$3.50 at the Monterey District Office (831) 649-2836, which allow a car to enter the park for \$5.00.

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NATIONAL ASSOCIATION OF STATE PARKS DIRECTORS AND AMERICA'S STATE PARKS

The mission of the National Association of State Parks Directors and America's State Parks is to promote and advance the state park systems of America for their own significance, as well as for their important contributions to the nation's environment, heritage, health and economy.

POINT LOBOS STATE NATURAL RESERVE

Deriving its name from the offshore rocks at Punta de los Lobos Marinos, Point of the Sea Wolves, where the sound of the sea lions carries inland, the Point Lobos State Natural Reserve has often been called "the crown jewel of the State Park System." In addition to its spectacular beauty, nearly every aspect of its resources is of scientific interest. There are rare plant communities, archeological sites, unique geological formations, and incredibly rich flora and fauna of both land and sea. Point Lobos hosts two Marine Protected Areas, the Point Lobos State Marine Conservation Area and the State Marine Reserve.

POINT LOBOS FOUNDATION

The Point Lobos Foundation is a charitable non-profit association formed in 1978 to support interpretive and educational programs at Point Lobos State Natural Reserve and to assist California State Parks in preserving Point Lobos. Our mission is to advance visitors' enjoyment and understanding of Point Lobos State Natural Reserve, to protect its natural environment for future generations and to strengthen the Monterey County network of coastal California State Parks. Learn more at www.pointlobos.org.