Multicultural Wellness Walk

Start the summer healthy in the great outdoors! Enjoy a relaxing walk around the 80-acre lake at Shadow Cliffs. Formerly a gravel quarry, this park is now a haven for swimming, fishing, picnicking and bird watching. Summer is a great time to see herons, cormorants, and ducks in the lake.

Walking with community is a great way to meet new people. Walking helps improve your mood, prevents heart disease, diabetes and high blood pressure. There will be stops along the walk for discovery and for physical movements to increase flexibility and muscle tone.

When: Saturday, June 25 2022
9:00 a.m. – 12:30 p.m.

Where: 2500 Stanley Blvd, Pleasanton, CA 94566
Meet at the North Beach Picnic Area
[updated location]

Bring: Comfortable walking shoes, sunscreen, hat, and full water bottle. Healthy snacks will be provided!
Please kindly leave your dog at home.

Register: www.ebparks.org/WellnessWalks

Questions? (510) 544-2200 or hwu@ebparks.org
Shadow Cliffs Regional Recreation Area
2500 Stanley Blvd, Pleasanton, CA 94566

Directions
From I-580 in Pleasanton: take the Santa Rita Road/Tassajara Road Exit and turn south, towards Pleasanton. Continue southward on Santa Rita Road to the intersection of Santa Rita Road and Valley Avenue. Turn Left onto Valley Avenue. At the intersection of Valley Avenue and Stanley Boulevard, turn left onto Stanley Boulevard. Proceed on Stanley Boulevard to the first stop light; the park entrance is on the right.

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