

### Stroller Hikes

The original event! Some hikes are fast-paced and designed to make mom or dad sweat, and others are more leisurely. Some are stroller-friendly, others require a soft carrier or backpack.



### Stroller Runs

Why walk when you can run? Our running group runs a 5K every week at a moderate pace, with strollers. A play area at the beginning and end of the run help kids get their wiggles out before they're cheering "go, go, go!"

### Toddler Treks

Designed for new walkers to school age, these treks encourage kids to walk and navigate a trail, and are at a slower pace to encourage nature exploration and socialization. Toddler Treks occur at places with interesting features, landmarks, or open spaces for play.



### Rock Climbing

For kids 30 pounds or heavier, indoor rock climbing is a gateway to vertical exploration of the outside world, in a safe environment. Kids learn body awareness, trust, and balance, and build confidence and communication skills. Belay provided, so no experience required!



### Backpacking Bambinos

Train for backpack camping, and attend an overnighter! This is suited for strong walkers through school age kids, and families that want to carry their kids. These are more rugged than our Toddler Treks, with an emphasis on hiking a bit longer before breaks, with kids carrying their snacks and water on their backs.



### Family Camping

Enjoy outdoor play, crafts, the campfire, and moonlit hikes, and watch your child come alive in nature.



## All Events

- Are open to the public (pregnant families included)
- Are **FREE** (no money payable to Stroller Hikes except for overnight events – be sure to bring parking money or climbing gym admission money)
- Generally occur between Burlingame and Gilroy, Santa Cruz and Fremont
- Do not require a RSVP, but one is recommended
- Require parent participation
- Are listed at **StrollerHikes.com**, **Bay Area Parent** Magazine, and publications by **Santa Clara County Parks and Recreation**, **Blossom Birth**, **Planet Granite**, **Bay Area Ridge Trail Council**, and other partners
- Are volunteer led
- Supported through community, corporate, and in-kind donations

To RSVP and receive our weekly newsletter e-mail [admin@strollerhikes.com](mailto:admin@strollerhikes.com).

## Borrow Gear through **Gear On the Go!**

We have used strollers, soft carriers, and backpacks to lend for our events. E-mail [admin@strollerhikes.com](mailto:admin@strollerhikes.com) to make a request, with at least 72 hours advance notice.

## Volunteer Opportunities

- High School Internships
- Technical Support
- Marketing
- Writing & Photography
- Event Leaders
- Grant Writers



Stroller Hikes  
517 Fern Ridge Court  
Sunnyvale, CA 94087  
[admin@strollerhikes.com](mailto:admin@strollerhikes.com)  
650-776-1082

**StrollerHikes.com**

Since 2006

501-c-3 educational  
nonprofit  
FEIN 26-3550147



*"In every walk with nature one receives more than he seeks." -- John Muir*

**FREE**  
**Family-Friendly**  
**Events & Info**

