



## National Indian Youth Council, Inc. and First Nations Community HealthSource Native Youth on the Move 2019 Hiking Schedule



Hike Date	Hike Location	Registration Deadline	Morning Dropoff: 7:30am 625 Truman Street SE ABQ, NM 87110	Afternoon Pickup: 12:00pm 625 Truman Street SE ABQ, NM 87110
<b>May 2019</b>				
Friday May 31	Elena Gallegos Open Space Trails	May 27	First Nations Truman	First Nations Truman
<b>June 2019</b>				
Friday June 7	Embudo Canyon	June 3	First Nations Truman	First Nations Truman
Thursday June 13	Otero Canyon	June 9	First Nations Truman	First Nations Truman
Friday June 21	Bosque River Area	June 17	First Nations Truman	First Nations Truman
Friday June 28	Petroglyph National Monument	June 24	First Nations Truman	First Nations Truman
<b>July 2019</b>				
Wednesday July 3	Coors Open Space	July 1	First Nations Truman	First Nations Truman
Friday July 12	Horse Medicine	July 8	First Nations Truman	First Nations Truman
Friday July 19	Santa Ana River Areas	July 15	First Nations Truman	First Nations Truman
Friday July 26	Kasha-Katuwe Tent Rocks National Monument	July 22	First Nations Truman	First Nations Truman Pickup @ 2:00pm

### Who Can Attend?

Urban Native Youth, age 7 to 18, able to hike  
Cost to Participate: \$0  
Register for as many of the hikes as you like!

### Earn a Big 5 Sporting Goods Gift Card!

\$25 value card if you complete 4 or more hikes  
\$40 value card if you complete all 9 hikes

**NO PREVIOUS HIKING EXPERIENCE REQUIRED!**

### What to Bring

Well-fitting walking shoes  
Sunscreen  
Positive attitude!

### How to Register

Complete a Registration Form (signed by parent/legal guardian) by the deadline

### What We Will Provide

Water  
Healthy Snacks  
Water Bottle  
Baseball Hat  
Journal

### Benefits of Hiking

Be active  
Immerse yourself in nature  
Have fun  
Learn the history of each place  
Stay healthy

### First Nations Community HealthSource

offers free lunches for youth during the summer. Your child is welcome to eat lunch at First Nations upon return from their hike.

# TAKE A HIKE!

Elena Gallegos Open Space \* Embudo Canyon \* Otero Canyon \* The Bosque \* Petroglyphs

CALLING ALL URBAN NATIVE YOUTH

AGE 7-18

Coors Open Space \* Horse Medicine \* Kasha-Katuwe Tent Rocks



**REGISTER TODAY**  
**National Indian Youth Council, Inc.**  
**and First Nations Traditional Wellness Program**  
**are proud to cohost the**  
**2019 NATIVE YOUTH ON THE MOVE HIKING CLUB**



The National Indian Youth Council and First Nations Community HealthSource  
are co-hosting hikes for urban Native youth ages 7-18!

**MAKE FRIENDS! BE ACTIVE! LEARN ABOUT NATURE & CULTURE!**

Register for one or more of 9 hikes across Albuquerque during May, June and July! All urban Native youth are welcome. No previous hiking experience required. This project is funded in part by a grant from the Notah Begay III Foundation & Centers for Disease Control & Prevention.

Hikers receive:

- round-trip transportation
- water bottle, cinch sack, cap, and journal
- water and snacks
- a guided hike

**Register Today!**

Questions? Call (505) 247-2251 or Email us:  
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To learn more about NIYC, visit: [www.niyc-alb.org](http://www.niyc-alb.org)  
To learn more about FNCH, visit: [www.fnch.org](http://www.fnch.org)

