

Sport & Fitness Hike



ART SMITH TRAIL FULL MOON YOGA HIKE

TUESDAY: 12.10.2019 | 3:30 PM

Difficulty: EASY | Distance: 4 MILES

Register in advance online, call (760) 346-8084, or email fitness@eldoradocc.org



Bring your yoga mat, illumination (for the hike back), a warm layer, and water! We will start the hike just before sundown, hike in just under 2 miles and set up our mats for a 25 minutes yoga practice under the full moon. We'll be sure to take some photos of your silhouette in your favorite yoga pose before we hike the 2 miles back to the trailhead. The overall hike is just under 4 miles and we will have about 650 ft over overall elevation gained. This is an experience you won't soon forget!