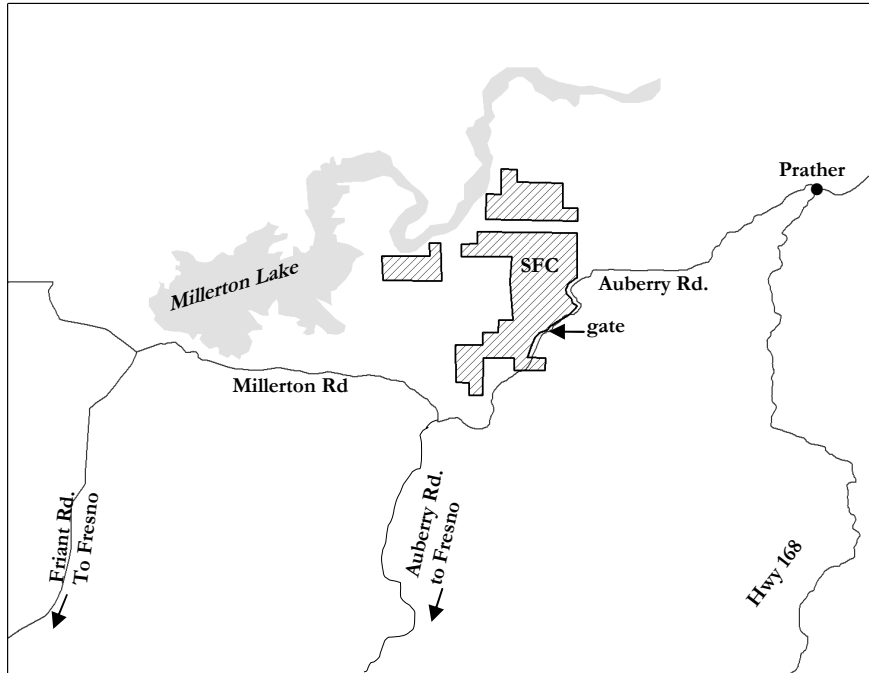


## McKenzie Preserve at Table Mountain



### Directions:

From Fresno, take Freeway 41 north.  
Exit at Friant Road and turn right.  
Take Friant Road to the town of Friant. Continue uphill, past the dam.  
At this point, Friant Road changes its name to Millerton Road.  
Stay on Millerton Road for five or six miles until you come to a stop sign at Auberry Road.  
At Auberry Road you will see a gas station on your left.  
Note your mileage.  
Turn left on Auberry Road and go 3.1 miles.  
The entrance to the preserve is on the left.

*If you have further questions, call The Sierra Foothill Conservancy at (559) 855-3473 or visit us on the web at [www.sierrafoothill.org](http://www.sierrafoothill.org)*

## Kaiser Permanente Thrive Day on the Preserve



**Sunday, April 5  
9 a.m. - 4 p.m.**

**A Day Of Family Fun At  
Sierra Foothill Conservancy's  
McKenzie Preserve at Table Mountain  
Get up, Get out, and Get Moving!**

**Thrive Day on the McKenzie Preserve**  
**Event Schedule: Sunday, April 5th**  
*There Is No Charge For Participation In This Event*

- 9 a.m.                    Doors open. Stop by the Kaiser Permanente Welcome Station
- Discovery trail: Self-guided hike (all day)
- Kaiser Permanente Stretching and Mobility Station (all day)
- Kaiser Permanente Nutrition and Hydration Station (all day)
- 9:30 a.m.                    Table Mountain Table Top Hike: Docent-led  
6 miles round-trip, approximately 5 hours. Bring your lunch and eat at the top. Finish the hike at the Kaiser Permanente Stretch and Mobility Station.
- 10 a.m.                    Interactive activity for kids  
Woodland animals on the McKenzie Preserve  
Get to know who lives on the preserve, and then join in on a exciting game!
- 10:30 a.m.                    Discovery trail: Docent-led hike  
3.7 miles round trip, approximately 2.5 hours. Pack snacks to eat along the way. Finish the hike at the Kaiser Permanente Stretch and Mobility Station.
- 11:30 a.m.                    Interactive activity for kids  
“Rock on”  
Are you curious about rocks? Find out how the McKenzie Table Mountain was formed!
- 1 p.m.                    Interactive activity for kids  
Woodland life exploration  
Come and explore oak woodlands, maybe you’ll find some foothill friends!
- 2 p.m.                    Interactive activity for kids  
Water wonders  
Learn about important watershed, and how the water cycle works.  
Learn this and more as you join us in a fun and active game!
- 3 p.m.                    Interactive Activity For Kids  
Trees of the foothills  
The woodlands are covered with trees! Come learn about the types of trees on the McKenzie and then join us in a fun game!

## **HIKE & ACTIVITY DESCRIPTIONS**

**Kaiser Permanente Stretch and Mobility Station (all day)**  
Stop by and gear up for your hike. Volunteers will guide you on how to prepare your body for physical activity before and after hiking.

**Kaiser Permanente Hydration and Nutrition Station (all day)**  
Visit the hydration and nutrition station to learn the importance of staying hydrated before, during, and after physical activity. Hydrate before you head out on your hike!

**Discovery Loop Trail - Self-Guided Hike (all day)**  
This is an easy, mostly level hike of about 3.7 miles which leads hikers alongside a creek, through a meadow, and along a portion of an old railroad bed. Using a guidebook (available at the Welcome Table) hikers will be guided through 25 different stations as they learn about the preserve’s features, including trees, geology, the railroad, and the Indians who once lived there. Although this hike is generally level, it is not suitable for strollers or wheelchairs. If you want a shorter hike, just take it as far as you like.

**Table Mountain Table Top Hike (9:30 a.m.)**  
This is a moderate hike with a trail for most of the hike. It is about 6 miles round-trip with some level walking then a climb on a good trail to the top; elevation gain is 1000 feet. It takes about 5 hours allowing for lunch at the top. Please bring your lunch/snacks and water.

**Guided Hikes (Table Mountain Table Top Hike, Discovery Trail)**  
Guided hikes will be led by “in-house” professionals who will be your interpretive guides as you explore the McKenzie Preserve. Learn fascinating aspects of the preserve’s geology, wildlife, birds, flowers and much more!

**Interactive Activity For Kids (10 a.m. 11:30 a.m. 1 p.m. 2 p.m. & 3 p.m.)**  
Come join us for some foothill fun and adventurous activities! Exciting hands on activities lead by Sierra Foothill’s K-12 Education docents.

**\*\*\* All hikes and activities will meet near the picnic tables.**

**\*\*\*PLEASE NOTE: No dogs are allowed on the preserve.**