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Kabian Park Hike to Take Place on March 17



Perris Recreation Coordinator Josh Estrada at Kabian Park where a 3.5-mile hike will take place March 17. Behind Estrada is Canyon Lake.

Bucolic Kabian Park in south Perris is the scene for a 3.5-mile hike along a trail that traverses gentle and sometimes challenging hills, rolls past beautiful wildflowers and takes in a panoramic view of Canyon Lake.

The March 17 hike continues the City of Perris ongoing "Live Well" healthy-eating active-living initiative. Check-in for the free hike is at 7:30 a.m. and includes a warm-up session led by City fitness instructor Laura Sosa. The hike begins at 8 a.m. Kabian Park is located at 28001 Goetz Road.

"Walking is an excellent way to get and stay in shape," said Recreation Coordinator Josh Estrada, who recently inspected the trail during a visit to the park. "The Kabian Park hike is fun and can be a little challenging. It's an ideal spot to take a hike. This park is really a hidden gem for the City."

Estrada said more than 200 people hiked the Kabian Park trail last year.

The Kabian Park hike is the second of three hike scheduled for early 2018.

The more challenging 4-mile Terri Peak hike takes place April 14 at the Lake Perris State Recreation Area. In addition, the City of Perris is planning three hikes for fall 2018 but no dates have been finalized.

Following the March 17 hike, the City will raffle off a bicycle, backpacks, water bottles, walking poles and other fitness-encouraging prizes.

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