



## **PRESS RELEASE**

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## **Well-known Hiking expert to speak at Cal State campus in Palm Desert**

PALM DESERT, Calif. (October 1, 2009) – The Palm Desert Campus of Cal State University San Bernardino will host well-known hiking expert, Philip Ferranti, on Sunday, October 25, at 2pm, in its Oliphant Auditorium.

This presentation will include colorful slides of local and nearby hiking destinations, information on trails, hiking seasonality/weather, equipment, maps, full moon, geology and wildflower hikes, as well as local hiking club opportunities. Ferranti will also discuss how hiking supports and enhances maximum health potential, stress management, and optimum physical/emotional/mental well-being.

Philip Ferranti is a local expert on hiking in and around the Coachella Valley. A resident of the desert for over 25 years, Ferranti has authored the all-time best-selling books: "75 Great Hikes in and Near Palm Springs" and "140 Great Hikes in and Near Palm Springs". He has also authored the regional best-seller, "Colorado State Parks: A Complete Recreation Guide" and the nationally acclaimed book: "Hiking! The Ultimate Natural Prescription for Health & Wellness". His latest is entitled, "Love and Freedom – Pathways to Personal Transformation."

Ferranti is the founder of the desert's largest hiking club, The Coachella Valley Hiking Club. From 1992, he has helped organize and advise many hiking groups/clubs and has personally conducted over 400 guided hikes.

Admission to the event is \$5, which includes parking. Students are free with ID.

The campus is located at 37-500 Cook Street, between Gerald Ford and Frank Sinatra, just off the I-10 freeway. Reservations are not required.

For more information, contact Mike Singer in the campus' Office of Public Affairs at (760) 341-2883, ext. 78107.