

Sport & Fitness Hike

Pushwalla Palms & Canyon Trail YOGA HIKE

SUNDAY 01.26.2020 | 7:00 AM

HIKE LEADER: CHRISTY | PLAN TO CARPOOL

Difficulty: Moderate/Challenging | Distance: 5 MILES



This hike is found within the Coachella Valley Preserve. It starts above Horseshoe Palms and down into the Pushwalla Palms Canyon. It will be an out and back hike, with a loop down in the Palm Grove. While in the loop, we will practice balance and strength through different standing yoga poses. The trail offers sweeping views, hills, valleys, rocky terrain, and soft sand. We will spend about 20 minutes after the hike at the Visitor Center. We will be back by 12:00 PM. No mats needed.