



MEDIA ADVISORY

DEPARTMENT OF COMMUNICATIONS
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Contact: Colleen Sparks, Media Relations & Communications Coordinator, 623.930.2475

GET INTO HOLIDAY SPIRIT, MINGLE WITH SANTA CLAUS, BOOST HEALTH DURING JINGLE BELL HIKE

GLENDALE, AZ: Tie your tennis shoes, and grab your festive hats and water, to get ready for the **free** heart-healthy, Jingle Bell Hike, a fun tradition that features Jolly Old Saint Nick and beautiful views of the Northwest Valley.

What: Glendale Parks and Recreation Department will help spread holiday cheer and fitness during this hike that is about two miles round-trip with a moderate elevation gain.

When: 9 to 11 a.m. on Dec. 14

Where: Thunderbird Conservation Park, located on 59th Avenue, a mile north of Deer Valley Road. Participants will hike one mile to meet Santa Claus at the top of Amphitheater Hill, where children can pose for photos with him and share their wish lists for holiday gifts. Then hikers will walk the remaining mile during this merry outing. Parking is available in the 59th Avenue lot and check-in will be at the 59th Avenue Trailhead.

Why: To enjoy time exercising with family members and friends and meet Santa Claus as part of Glendale Parks and Recreation Department's Hearts N' Parks program that promotes activities that are good for the heart. It's also a great way to get a jumpstart on New Year's resolutions to lose weight and enhance one's health while meeting neighbors.

Who: Any interested hikers who want to enjoy spending time outdoors, as well as Parks and Recreation Department employees and Santa Claus. Children must be accompanied by adults. **Hikers must wear close-toed shoes and carry water.** It is recommended that participants wear sunscreen and hats.

To learn more, visit [Parks and Recreation - City of Glendale](#)

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