



Autism Alliance SoCal
Building Meaningful Lives

2023 AASC Hikes



Males and Females, Teens and Young Adults

We enjoy the great outdoors because we know that being outside boosts our moods and improves our mental health. Spending quality time out in nature reduces our stress and calms our anxiety. Too, walking alongside friends, talking or simply taking in the serenity that nature brings — is our kind of exercise!

Every other month we meet on a Sunday at 2:00PM in Pasadena. Rides to and from trailheads are provided by volunteers. In order to reserve a seat you must text your name to (213) 716-6907 **the Thursday before the hike**. A reply to your text will provide the meeting place.

Upcoming Hikes:

April 16
June 11
August 20
October 15
December 17