Learn-At-Lunch

STAFF CELEBRATION WEEK
MAY 8, 2013

ACADEMIC & STAFF ASSISTANCE PROGRAM

Date, Time & Venue

**Wednesday**
May 8, 2013
12:00-1:00 pm
Flying A Studios
UCen

**Get Outdoors! Discover Your Los Padres National Forest**

The Los Padres National Forest provides recreational opportunities including picnicking, hiking, camping, backpacking, mountain biking, horseback riding, bird watching, rock climbing, paragliding, fishing, wild flower displays, cross country skiing, swimming holes and miles of dirt roads to explore. All of this is just beyond your doorstep.

James Wapotich will share stories and images from his hikes in our local backcountry, including day hikes and overnight backpacking trips on our local trails. James is a Volunteer Wilderness Ranger with the Los Padres National Forest and is the author of “Trail Quest”, the weekly hiking column in the Santa Barbara News-Press.

These magnificent public lands, some 1.75 million acres, include parts of Monterey, San Luis Obispo, Santa Barbara, Ventura and Kern Counties. Come and learn about the southern Los Padres and how you can enjoy the many recreational opportunities available.

**Presenter**

James Wapotich
Hiker, writer, explorer
http://songsofthewilderness.wordpress.com/

Lectures are open to all UCSB employees at no charge. You are welcome to bring your lunch.
For more information call John Berberet, M.A., MFT/ASAP at x3318.
http://hr.ucsb.edu/asap