



**“Rock & Roll Yosemite 2020 - A Cycling and Climbing Park Experience”**: May 11-14, 2020. The plans are rolling for this spring excursion to experience the sights, sounds and natural wonders of Yosemite National Park. This four (4) day three (3) nights tour will utilize hand cycles to tour the valley floor, including educational programs and is specifically designed for physically challenged individuals.

Again this year there will be Adaptive Rock Climbing sessions led by the Yosemite Mountaineering School and Mark Wellman. Mark has scaled Yosemite’s granite monoliths including El Capitan and Half Dome and served for several years as a park ranger, after sustaining a spinal cord injury. ([nolimitstahoe.com](http://nolimitstahoe.com))

Participants should be in good physical condition and able to cycle up to 15 miles at a leisure pace to be able to enjoy this activity. The cost for this event is \$450 and includes: housing, meals and all program activities. Participants must be 21 years of age. Space is limited to 15 cyclists. For further information/questions contact: Jenny Yarrow - [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org) ; (916) 808-6017

