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**FOR IMMEDIATE RELEASE**

Leilani Clark, LandPaths’ Communications Lead

leilani@landpaths.org | 707-544-7284 X 119

Emmett Hopkins, LandPaths’ Community Care Manager

emmett@landpaths.org | 707-544-7284 X 114

**TrekSonoma announces Autumn Bounty Trek: A Wild Food Foraging Adventure from November 1-4, 2019**

*Join wildlife ecologist Meghan-Walla Murphy and wild foraging expert Chef Coby Liebman for a multi-day walking trek from Bohemia Ecological Preserve to the Sonoma coast*

SANTA ROSA, CA.—September 26, 2019—Renowned Danish chef and foraging aficionado Rene Redzepi, once said, “Everyone in the world should grow up as a forager. Knowing your ABCs in nature, the flora and the fauna, the patterns in the landscape and the rhythm of the seasons is as important as learning how to read and write.”

Bay Area locals don’t have to look far to experience nature’s bounty on their dinner plate. This November, you can experience adventure close to home with LandPaths’ TrekSonoma on a multi-day wild-foraging trek through native grasslands, old-growth redwoods, and oak woodlands. This is a chance to slow down and connect with stunning Sonoma County landscapes at a walking pace, while building community with nature and your fellow trekkers, as you explore foraging and cooking with wild foods.

The Autumn Bounty Trek: A Wild Food Foraging Adventure is led by expert wildlife ecologist [Meghan Walla-Murphy](http://www.meghanwallamurphy.com/), who brings a deep knowledge of wild foods, tracking, and Sonoma County ecology. She’ll be joined by [Chef Coby Leibman](https://cobyleibman.com/), who specializes in foraging and cooking with wild ingredients. You get to experience the landscape with just a daypack as LandPaths staff and volunteers will shuttle your gear and provide a kitchen for cooking sumptuous foraged meals.

Since this is a “Stone Soup” style-trek, we’ll be cooking up menus inspired by ingredients brought-- and foraged-- by attendees. LandPaths will also supply seasonal staples like local heirloom beans, winter squash, venison, and more.

Now more than ever we need folks who are willing to build local relationships with our neighbors and the land we call home. Come join us and play in our own backyard!

More Information

* **Dates**: November 1-4, 2019 (optional early departure on Nov. 3 for those who wish)
* **Cost**: $335/person and youth over 12.
* **Cost includes:**Shuttle and transport of gear. Overnight stays. Communally prepared organic dinner and breakfast on all days. Tent and sleeping pad rentals are available.

*To schedule interviews with Emmett Hopkins, Meghan Walla-Murphy or Chef Coby Liebman, please contact Leilani Clark at* *leilani@landpaths.org* *or 707-544-7284 X 119. For additional information about TrekSonoma, contact Emmett Hopkins at* *emmett@landpaths.org* *or 707.544.7284 ext.114.*

*High resolution photos available on request*

**About** [**LandPaths**](http://www.landpaths.org.)

Established in 1996, LandPaths’ mission is to foster a love of the land in Sonoma County. Diverse by design, Landpaths achieves our mission through three initiatives: rooting youth in nature, branching out conservation for everyone, and growing community with nature. We inspire people to experience the beauty of Sonoma County, understand the value of local open spaces, and participate in stewarding the land.[***www.landpaths.org***](http://www.landpaths.org)***.***

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