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**FOR IMMEDIATE RELEASE:**

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**December 27, 2023**



**Ring in 2024 in the outdoors with a New Mexico State Park First Day Hike or Polar Plunge**

**Santa Fe, NM** – Celebrate the New Year with fun, fresh air, and scenic views by participating in a First Day Hike at one of your New Mexico State Parks! These guided hikes are organized annually on New Year’s Day as part of [America's State Parks First Day Hikes](#) initiative in all 50 states. Or why not take the plunge with a quick dip into a frozen lake!

The State Parks Division of the Energy, Minerals and Natural Resources Department (EMNRD) will sponsor free guided hikes in 11 state parks and polar plunges at two locations on January 1, 2024.

[Bottomless Lakes](#)  
09:00 AM - 12:00 PM  
First Day Hike

[Eagle Nest Lake](#)  
12:00 PM - 03:00 PM  
Polar Plunge & Polar Stomp

[Living Desert](#)  
08:00 AM - 05:00 PM  
First Day Hike

[Cerrillos Hills](#)  
01:00 PM - 03:00 PM  
First Day Hike

[Elephant Butte Lake](#)  
10:00 AM - 01:00 PM  
First Day Dam Walk

[Oliver Lee](#)  
10:00 AM - 11:30 AM  
First Day Hike

[Pancho Villa](#)  
09:00 AM - 10:00 AM  
First Day Hike

[Storrie Lake](#)  
11:30 AM - 12:45 PM  
Polar Bear Plunge

[Sumner Lake](#)  
02:00 PM - 03:00 PM  
First Day Hike

[Santa Rosa](#)  
11:00 AM - 04:00 PM  
First Day Hike

[Sugarite Canyon](#)  
01:00 PM - 02:00 PM  
First Day Hike

[Ute Lake](#)  
10:00 AM - 12:00 PM  
First Day Hike

First Day Hikes at participating New Mexico State Parks are free and open to the public no matter your skill level. Hikers can choose guided hikes that fit their comfort levels including mountain and hill climbing, lakeshore strolls, or exploring trails that wind through forests. Knowledgeable guides will offer their expertise on habitats, wildlife, and the history of the state parks.

“First Day Hikes are the perfect opportunity for individuals and families to embrace the outdoors and kick off the new year with a commitment to getting outside to promote their health and well-being,” said Toby Velasquez, State Parks Director. “Our wish is for everyone who visits a New Mexico State Park to be inspired, take advantage of these local treasures, and savor the beauty and cultural significance of our landscapes now and throughout the year.”

If hiking isn't your thing, there are plenty of other offerings to explore, from boating to fishing, horseback riding, museums, historical and educational resources, or simply enjoying a peaceful moment from a picnic table or bench.

First Day Hikes began more than three decades ago, at the Blue Hills Reservation State Park in Massachusetts in 1992. Since 2012, all 50 states have participated. America's State Parks hopes to make 2024 a record-breaking year as the annual event approaches major milestones, including inching closer to 1 million miles hiked and 500,000 participants in the program's history.

For details on First Day Hikes at your nearest state park, go to [stateparks.org/special-programs/first-day-hikes/](https://stateparks.org/special-programs/first-day-hikes/). Share your January 1 hiking story on social media with #FirstDayHikes #NewMexicoStateParks.

For more information on all 35 of your New Mexico State Parks, please visit our website at [emnrd.nm.gov](https://emnrd.nm.gov). We're booking six months in advance! Reserve your camping space today at [reserveamerica.com](https://reserveamerica.com)



*(Figure 1) One of the more popular First Day Hikes takes place at Elephant Butte Lake State Park where visitors are granted access to walk across the historic dam.*



*(Figure 2) January 1<sup>st</sup> is the one and only opportunity during the year to experience the 108-year-old Elephant Butte Lake Dam up close. Photos: NM State Parks.*



Read more at link in bio  
*Eagle Nest Lake State Park 2023 Polar Plunge. Photo: NM State Parks.*  
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**iVAMOS!** LET'S GO NEW MEXICO!

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*The Energy, Minerals and Natural Resources Department provides resource protection and resource development services to the public and other state agencies. Learn more at <https://www.emnrd.nm.gov>*