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Save the Redwoods League Announces Fifth Season of Podcast “I’ll Go If You Go”

New season explores how redwoods guide us toward a deeper connection with ourselves, each other and the natural world



Several guests from the League’s podcast, I’ll Go If You Go, met in person for the first time at last year’s event. From left to right, (back) Stephen Shaw, José Juan Rodriguez, Griff Griffith, Emily Harwitz, Erin Closmore, Farrahn Hawkins, Miguel Marquez, (front) Francisco Saavedra, Maribel Garcia, Leslie Parra, Monica Binetti. Photo by Katie Ravas for Drew Altizer Photography

San Francisco, Calif. (August 05, 2025)—[Save the Redwoods League](#) announced the fifth season of its celebrated podcast [“I’ll Go If You Go.”](#) which guides listeners on a journey through California’s iconic coast redwood and giant sequoia forests. Monica

Carcamo-Binetti joins as the new host of the series, with new episodes posted every month through December 2025.

This season, Carcamo-Binetti examines how redwoods act as the ultimate “nature influencer,” shaping how we connect with nature and our communities. Through conversations with guests, Monica uncovers the many ways these ancient giants inspire conservation actions among visitors and influence some of the League’s major restoration efforts, as well as the mutually beneficial relationships that people have with the trees.

“After first appearing as a guest back in Season 3, I knew ‘I’ll Go If You Go’ was something special,” said **Carcamo-Binetti**. “I’m so excited to step into this incredible role and I cannot wait to get this season going. Talking about the redwoods and what they mean to us is something I can do all day, and I’m honored and eager to step into Emily Harwitz’s hiking boots and lead this amazing series deeper into the forest.”



Monica Carcamo-Binetti interviewing Cali Quail at the California State Parks Week Kickoff.
Credit: Courtesy of Monica Carcamo-Binetti/Save the Redwoods League

“I’ll Go If You Go” Season 5 Schedule

Episodes out now:

- Former host **Emily Harwitz** returns to pass the mic to new host **Monica Carcamo-Binetti**. Together, they explore how the redwoods and being outdoors can clear our minds, rest our intentions and remind us of what truly matters.
- Carcamo-Binetti attends the **California State Parks Week Kickoff** at Samuel P. Taylor State Park—a San Francisco Bay Area old-growth redwood park—and interviews different folks about the significance of California State Parks Week and what they hope others will take away from the experience.
- **Rahsaan McFarland II**, co-founder of the student group Nurtured by Nature—which focuses on helping Black students feel welcome in the outdoors and building community and a sense of belonging in wild spaces—shares messages of hope and belonging.

Episodes coming up this season:

- **August 20:** **Daisy Prado**, founder of City Gurlz Hike, has embarked on a journey to deepen her connection to nature while building adventures and experiences for San Francisco Women+ new to the outdoors.
- **September 24:** Carcamo-Binetti is joined by contributors to the **Reclaiming Nature Study** to uncover how their project analyzes the health benefits of redwood forests while addressing the lack of access to nature and health disparities among BIPOC students at San Francisco State University.
- **October 22:** **Rhiannon Lopez** and **Jesse Valdez**, two of the newest additions to the League's giant sequoia team, introduce themselves and share how the sequoia forest at Alder Creek represents a connection between people, the land and the wider world.
- **November 19:** Stay tuned to find out!
- **December 17:** Stay tuned to find out!

All episodes of “I’ll Go If You Go” can be streamed on the League’s [website](#) and all major podcast streaming platforms, including [Spotify](#), [Apple Podcasts](#), [Anchor](#) and [Pocket Casts](#).

SEASON 5



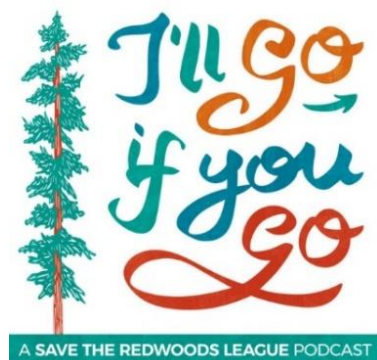

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Monica Carcamo-Binetti

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About the Podcast



Save the Redwood League's "[I'll Go If You Go](#)" podcast takes listeners on an audio adventure tour through California's iconic coast redwood and giant sequoia forests. On "I'll Go If You Go," we have thought-provoking conversations with emerging environmental leaders from diverse backgrounds who explore and work outdoors. By examining how we think, work and play outdoors, we're building community and illuminating how Californians from all walks of life experience nature and conservation in the redwoods and beyond.

About the Host



love for the forest.

Monica Carcamo-Binetti is a storyteller, hiker and Save the Redwoods League council member. She is also the co-founder of [Bay Area GalVentures](#), an Instagram community she started with her lifelong friend to share their hiking adventures, especially among the redwoods. Monica discovered her love for the outdoors later in life and now champions access to nature for women. She extends this passion into her role as host, where she shares stories that connect people to the redwoods, nature and each other—with heart, curiosity and a deep

To schedule an interview, contact Beatrice Kilat at (415) 745-9109 or redwoods@landispr.com.



Save the Redwoods League

One of the nation's longest-running conservation organizations, Save the Redwoods League has been protecting and restoring redwood forests since 1918. The League has connected generations of visitors with the beauty and serenity of the redwood forests. Our supporters have enabled the League to protect more than 220,000 acres of irreplaceable forests in 66 state, national, and local parks and reserves. For information, visit [SaveTheRedwoods.org](https://www.savetheredwoods.org).

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