

# LA MESA WALKS!



## July and August



*Morning walks are slower paced: 1-2 mi. Evening walks are faster paced & include hills: ~3 mi.*

**TUESDAY | July 2 | 5:00-6:30 PM**

Meet at Northmont Park  
6030 Severin Drive, La Mesa

**TUESDAY | July 9 | 9:00-10:30 AM**

Meet at the La Mesa Library  
8074 Allison Avenue, La Mesa

**TUESDAY | July 16 | 9:00-10:30 AM**

Meet at Lake Murray near the Boat Docks  
Enter through Kiowa Street  
*Interpretive walk about Being Kind to Animals*

**TUESDAY | July 16 | 5:00-6:30 PM**

Meet at MacArthur Park  
4900 Memorial Drive, La Mesa  
*Meet at park entrance near baseball field*

**TUESDAY | July 23 | 9:00-10:30 AM**

Meet at Porter Park Gazebo  
8450 La Mesa Boulevard, La Mesa



For more information contact  
619.667.1300  
SRTS@ci.la-mesa.ca.us  
[www.cityoflamesa.us](http://www.cityoflamesa.us)



**TUESDAY | August 6 | 5:00-6:30 PM**

Meet at the Jackson Park  
5870 Jackson Drive, La Mesa

**TUESDAY | August 13 | 9:00-10:30 AM**

Meet at the La Mesa Library  
8074 Allison Avenue, La Mesa

**TUESDAY | August 20 | 9:00-10:30 AM**

Meet at Lake Murray near the Ball Field  
6311 Park Ridge Blvd., San Diego  
*Interpretive walk about Medicinal Plants: Nature's Pharmacy*

**TUESDAY | August 20 | 5:00-6:30 PM**

Meet at Highwood Park  
4200 Parks Avenue, La Mesa

**TUESDAY | August 27 | 9:00-10:30 AM**

Meet at Porter Park Gazebo  
8450 La Mesa Boulevard, La Mesa



**\*Rain will cancel these events\***

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