**“The Stride” Intermediate Route**
(slight hill, steps optional, 5 miles)

Look for the green directional markers on the sidewalks.

- Start at Jackson Park (Jackson Dr. and Laird St.)
- North on Jackson Dr. to Dallas St.
- Right on Dallas St. to La Mesa Park
  - (There are 37 steps on the south side of Dallas St., go down & back up to add to your walk!)
  - Cross street at Fire Station 12
  - West on Dallas St. to Lake Murray Blvd.
  - Turn left at Lake Murray Blvd.
  - Right on El Paso - slight hill at SDGE Transfer Center
  - Left at Baltimore Dr.
  - Left at Lake Murray Blvd.
  - Cross Lake Murray Blvd. at Aztec Dr.
  - To be on the south side, there is no Lake Murray Blvd. crossing at Marena Ave.
  - Continue on Lake Murray
  - Right at Marena Ave.
  - Left at Tex St. to Laird St.
  - Right at Laird St. to Jackson Park where you began

*Optional*

RESTROOMS AVAILABLE AT THE LOCAL PARKS.

**“The Stroll” Beginner Route**
(flat, 1 mile)

Look for the blue directional markers on the sidewalks.

- Start at the La Mesa Railroad Depot (La Mesa Blvd. and Nebo St.)
- South on Nebo St.
- Right on Finley Ave.
- Right on Date Ave. to La Mesa Blvd. & cross street
- Back up Date Ave. to Finley Ave.
- Right on Finley Ave.
- Right on Acacia St.
- Right on La Mesa Blvd.
- End at La Mesa Railroad Depot

**“The Challenge” Advanced Route**
(hills, steps, 3.5 miles)

Look for the red directional markers on the sidewalks.

- Start at Highwood Park (H200 Parks Ave.)
- Right on Cinnabar Dr.
- Right on Highwood Ave.
- Left Weatherly St., walk up hill
- Right on Eastridge Dr.
- Right on Murray Hill Rd.
- Right on Chien Ave.
- Left on Lovell St.
- Right on Normal Ave.
- Right on Windsor Dr. to steps
- Up 245 steps to the top
- Swing around Summit Dr. to east side; down 184 steps to Beverly Dr.
- Left on Beverly Dr.
- Right on Summit Dr.
- Left on Pasadena Ave.
- Left on Windsor Dr.
- Left on Normal Ave.
- Left on Cinnabar Dr. to Highwood Park where you began.