



Jackson Park

### "The Stride" Intermediate Route

(slight hills, 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 Mesita 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 SDG&E 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 Marengo Ave.)
- Continue on Lake Murray
- Right at Marengo Ave.
- Left at Tex St. to Laird St.
- Right at Laird St. to Jackson Park where you began

\*Optional



La Mesita Park

### "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.
- 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

RESTROOMS AVAILABLE AT THE LOCAL PARKS.



La Mesa Depot Museum



### "The Challenge" Advanced Route

(hills, steps, 3.5 miles)

Look for the **red** directional markers on the sidewalks.

- Start at Highwood Park, (4200 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 Orient Ave.
- Left on Lowell 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



Highwood Park