

LA MESA WALKS!



July & August



Join the "Connect La Mesa" Meetup.com group for updates

Wednesday | July 7 | 9:00-10:30 AM | Easy
Meet at Harry Griffen Regional Park
9550 Milden St., La Mesa

Join us for our first walk back!

Wednesday | July 14 | 9:00-10:30 AM | Moderate
Meet at Rolando Park
6600 Vigo Dr., La Mesa

Experience the Rolando Catwalks

Wednesday | July 21 | 9:00-10:30 AM | Advanced
Meet at Highwood Park
4200 Parks Ave., La Mesa

Challenge yourself on the La Mesa Stairs

Wednesday | July 28 | 9:00-10:30 AM | Moderate
Meet at the Porter Park Gazebo
8450 La Mesa Blvd., La Mesa

Includes historic highlights from La Mesa's past

Please bring water and dress appropriately for warm weather.

Easy - 1.5-3 miles, mostly flat
Moderate - 1.5- 3 miles, includes hills
Advanced - 1.5-4 miles, steep inclines

Wednesday | August 4 | 9:00-10:30 AM | Moderate
Meet at La Mesita Park
8855 Dallas St., La Mesa

La Mesa Urban Trail "The Stride" 5 miles

Wednesday | August 11 | 9:00-10:30 AM | Easy
Meet at Jackson Park
5870 Jackson Dr., La Mesa

Wednesday | August 18 | 9:00-10:30 AM | Advanced
Meet at Collier Park
4401 Palm Ave., La Mesa

Challenge yourself in the Jewel of the Hills

Wednesday | August 25 | 9:00-10:30 AM | Moderate
Meet at Sunset Park
5540 Lake Park Way, La Mesa

For more information
619.667.1322
recreation@cityoflamesa.us
www.cityoflamesa.us/urbantrails



Rain will cancel walks.
Restrooms located at all start/end points.