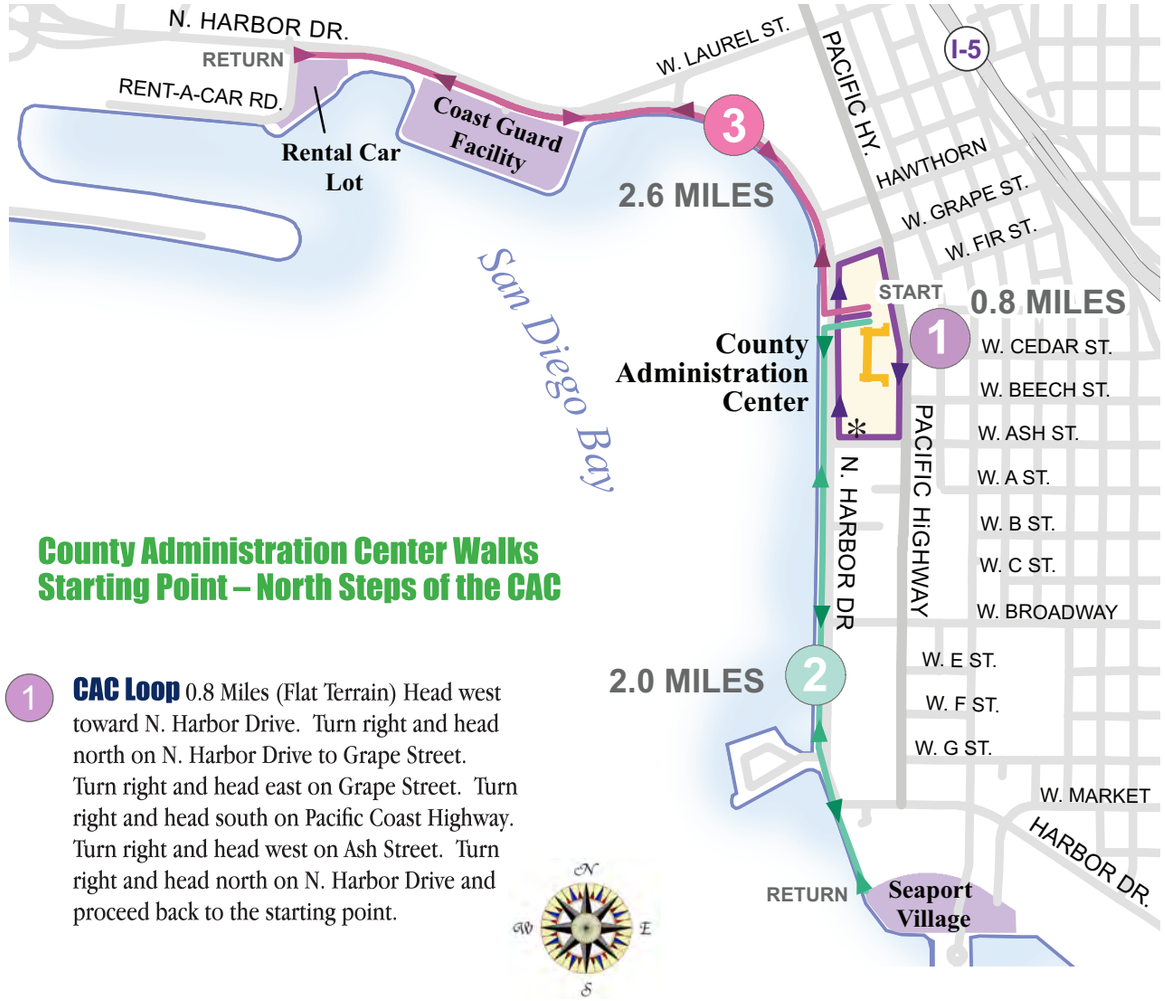

County Administration Center Walks Starting Point – North Steps of the CAC

1 **CAC Loop** 0.8 Miles (Flat Terrain) Head west toward N. Harbor Drive. Turn right and head north on N. Harbor Drive to Grape Street. Turn right and head east on Grape Street. Turn right and head south on Pacific Coast Highway. Turn right and head west on Ash Street. Turn right and head north on N. Harbor Drive and proceed back to the starting point.

2 **Seaport Village Turnaround** 2.0 Miles (Flat Terrain) Head west to N. Harbor Drive. Turn left and head south. (*At the corner of Ash and N. Harbor Drive, see information fitness kiosk for additional maps, warm up guide, target heart rate, and safety rules). At Ash Street, cross N. Harbor Drive to access the San Diego Bay walking path along the harbor. Continue south on the walking path to the Seaport Village entrance. Turn around and proceed north on the walking path back to the starting point.

3 **San Diego Bay / Coast Guard Facility** 2.6 Miles (Flat Terrain) Head west toward N. Harbor Drive. Turn right and head north. At Grape Street, cross N. Harbor Drive to access the San Diego Bay walking path along the harbor. Continue north on the walking path to Rent-A-Car Access Road. Turn around and proceed south on the walking path back to the starting point.

Our Mission

To provide opportunities for high quality parks and recreation experiences and to preserve regionally significant natural and cultural resources.

County of San Diego
Department of Parks and Recreation
5201 Ruffin Road, Suite P
San Diego, CA 92123
For Information Call:
858-694-3030

PARKS AND RECREATION
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Take a Hike! is a program of California State Parks and is endorsed by the Governor's Council on Physical Fitness and Sports.

For information on specific hiking trails in California State Parks, visit
www.parks.ca.gov/takeahike

www.sdparks.org

2006 County of San Diego

TAKE A HIKE!

Walks in the City

San Diego County

County Operations Center Walks Starting Point – Overland Avenue Info Kiosk at the COC

1 **Lightwave Turnaround** 2.0 Miles (Flat Terrain) Head south on Overland Avenue (stay on the west side of the sidewalk). Turn right and head west on Lightwave Avenue to Kearny Villa Road. Turn around and walk east on Lightwave Avenue. Turn left and proceed north on Overland Avenue back to the starting point.

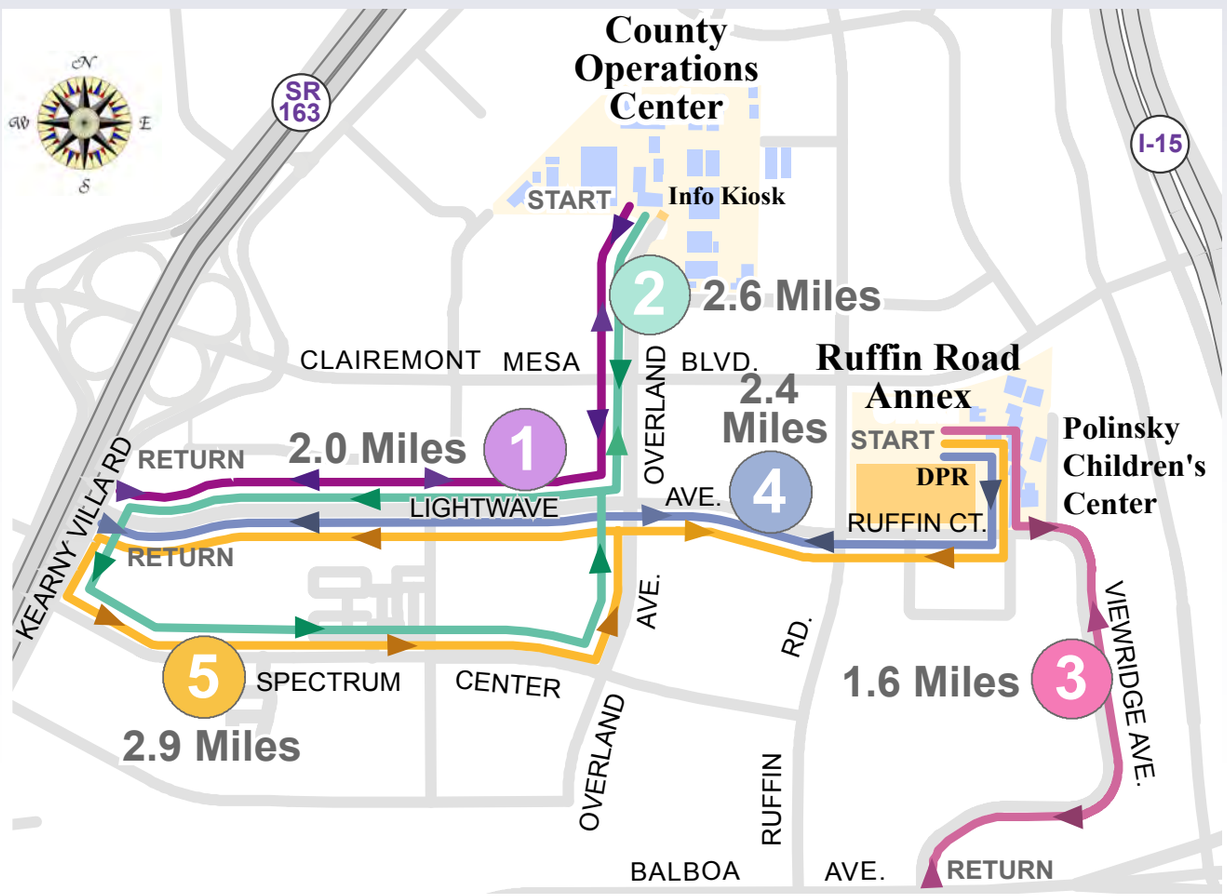
2 **Spectrum Center Loop** 2.6 Miles (Flat Terrain) Head south on Overland Avenue (stay on the west side of the sidewalk). Turn right and head west on Lightwave Avenue. Turn left and head south on Kearny Villa Road. Turn left and head east on Spectrum Center Boulevard. Turn left and proceed north on Overland Avenue back to the starting point.

Ruffin Road Annex Walks Starting Point –Department of Parks & Recreation (DPR), Suite P Entryway

3 **Viewridge Hill** 1.6 Miles (Undulating Terrain) Head east toward the Polinsky Children's Center. Turn right and head south toward Ruffin Court. Turn left and head east on Ruffin Court which turns into Viewridge Avenue. Continue south on Viewridge Avenue to Balboa Avenue. Turn around and walk north on Viewridge Avenue/Ruffin Court back to the starting point.

4 **Lightwave Turnaround** 2.4 Miles (Flat Terrain) Head east toward the Polinsky Children's Center. Turn right and head south toward Ruffin Court. Turn right and head west on Ruffin Court which turns into Lightwave Avenue (stay on the south side of the sidewalk). Continue west on Lightwave Avenue to Kearny Villa Road, turn around and proceed east on Lightwave Avenue/Ruffin Court back to starting point.

5 **Spectrum Center Loop** 2.9 Miles (Flat Terrain) Head east toward the Polinsky Children's Center. Turn right and head south toward Ruffin Court. Turn right and head west on Ruffin Court which turns into Lightwave Avenue (stay on the south side of the sidewalk). Continue west on Lightwave Avenue to Kearny Villa Road. Turn left and head south on Kearny Villa Road. Turn left and head east on Spectrum Center Boulevard. Turn left and head north on Overland Avenue. Turn right and proceed east on Lightwave Avenue/Ruffin Court back to the staring point.



Additional Downtown Hikes

* At the southwest corner of the CAC, please note the Downtown San Diego Harborview Fitness Course kiosk. This kiosk provides information on additional hikes through downtown San Diego as well as helpful tips for a healthy walking program.

Reasons to Hike

- Manages weight
- Improves circulation
- Helps breathing
- Combats depression
- Lengthens life span
- Lowers stress level
- Strengthens muscles, builds bone density, and keeps joints limber
- Improves sleep
- Kid-friendly

Safety and Comfort

- Safety – Walk with a buddy and carry a cell phone for emergencies. Walking at night is not recommended
- Water – Carry water whenever you go out on a walk
- Clothing – Wear comfortable and loose fitting clothing
- Shoes – Your shoes should fit well, but provide enough room to allow your feet to expand
- Consult your physician before starting any new exercise program