

When people walk  
*communities become stronger.*

**Why? We:**

- Meet neighbors
- Get outside
- See what's going on around us
- Build health
- Connect to people and things we care about

Take a walk and rediscover the International District today!

**Safe Walking**



**Stay safe:**

- Walk with others.
- Be alert and visible.
- Don't assume vehicles will stop when you cross the road.


For more walking safety tips go to [bhealthcouncil.org/healthy-here](http://bhealthcouncil.org/healthy-here)

A little time.   
*A lot of happy.*



Phil Chacon Park

**There never seems to be enough time to enjoy friends and family, to relax, or to be in the fresh air.**  
By walking we can easily do this.

Easy to squeeze into your day   
*because it's close.*

Save time by walking close to home. When you do you can enjoy things like:

**Public art**



**Sports areas**



John Carrillo Park

**Nature**



Veterans' Memorial Walk

International District  
**Walking Trails**



Veterans' Memorial Walk

Walk more.   
*Connect More.*

Walk **close to home** and **connect with:**

 friends and family

 nature


 your neighborhood


[bhealthcouncil.org/healthy-here](http://bhealthcouncil.org/healthy-here)

Made possible with funding from the Centers for Disease Control and Prevention.




# 7 Great Walks Close to You.

- 1 MESA VERDE PARK** 

**DISTANCE:** 0.5 miles      **TIME:** 10 minutes  
Wheelchair accessible ramps are located at street corners near the park.
- 2 HIGHLAND HIGH SCHOOL TRACK** 

**DISTANCE:** 0.25 miles per lap      **TIME:** 5 minutes  
There are many regular walkers on this track, including students from Highland. Please avoid use during school hours.
- 3 ZUNI/CENTRAL PUBLIC ART LOOP**


**DISTANCE:** 1.2 miles      **TIME:** 24 minutes  
Start at the corner of Central and Louisiana and walk to Zuni (south). Take a left on Zuni and walk to San Pablo. Loop back by following Central. Check out the public art along the way.
- 4 SOUTH SAN PEDRO**

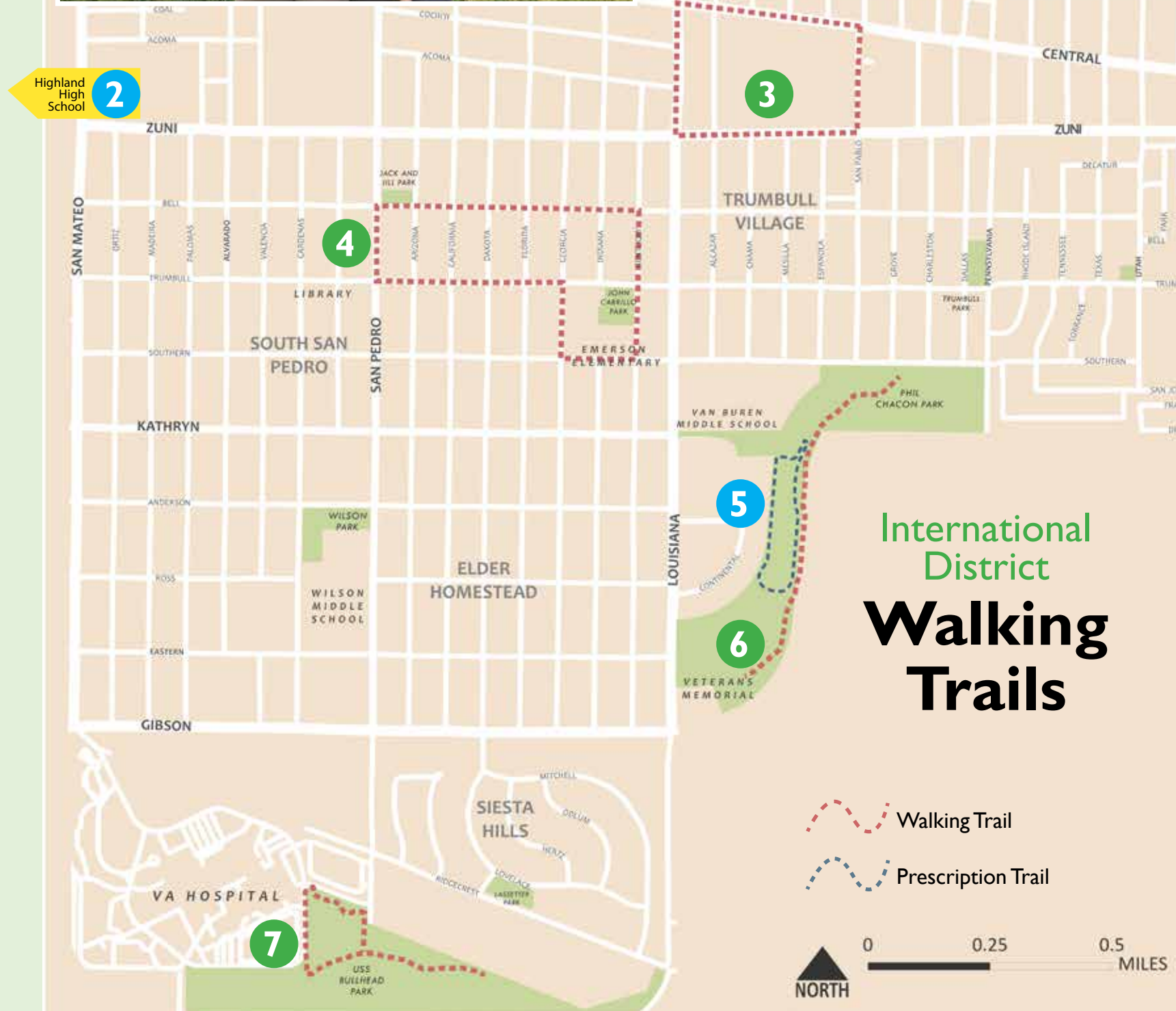
**DISTANCE:** 1.6 miles      **TIME:** 35 minutes  
Start at Jack and Jill Park, and walk along San Pedro to Trumbull where you'll see the San Pedro Library across the street. Turn left (east) and walk along Trumbull to Emerson Elementary and John Carrillo Park. Loop back by following Kentucky and Bell.
- 5 PHIL CHACON PARK** 

**DISTANCE:** 0.6 miles      **TIME:** 12 minutes  
Start at the end of Kathryn Ave (where it dead-ends). Walk in the opposite direction (south) of Cesar Chavez Community Center and loop around the soccer field.
- 6 VETERANS' MEMORIAL WALK**

**DISTANCE:** 0.9 miles      **TIME:** 20 minutes  
Start in memorial gardens off the parking lot. Continue north through Phil Chacon Park, passing by Cesar Chavez Community Center and Van Buren Middle School. Check out the public art along the way.
- 7 BULLHEAD PARK WALK**

**DISTANCE:** 0.8 miles      **TIME:** 20 minutes  
A 44 acre park with sports fields, playgrounds, barbeque grills, and picnic tables. There are a lot of trails/routes to enjoy in the park, and the one designated leads from the parking lot past the existing softball fields.

 Prescription Trails - Suggested walking and wheelchair accessible trails.



## International District Walking Trails

