

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 South Valley 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.*



**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:

**Farms**



**Parks**

**Nature**



**Riverside Drain Trail**

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)

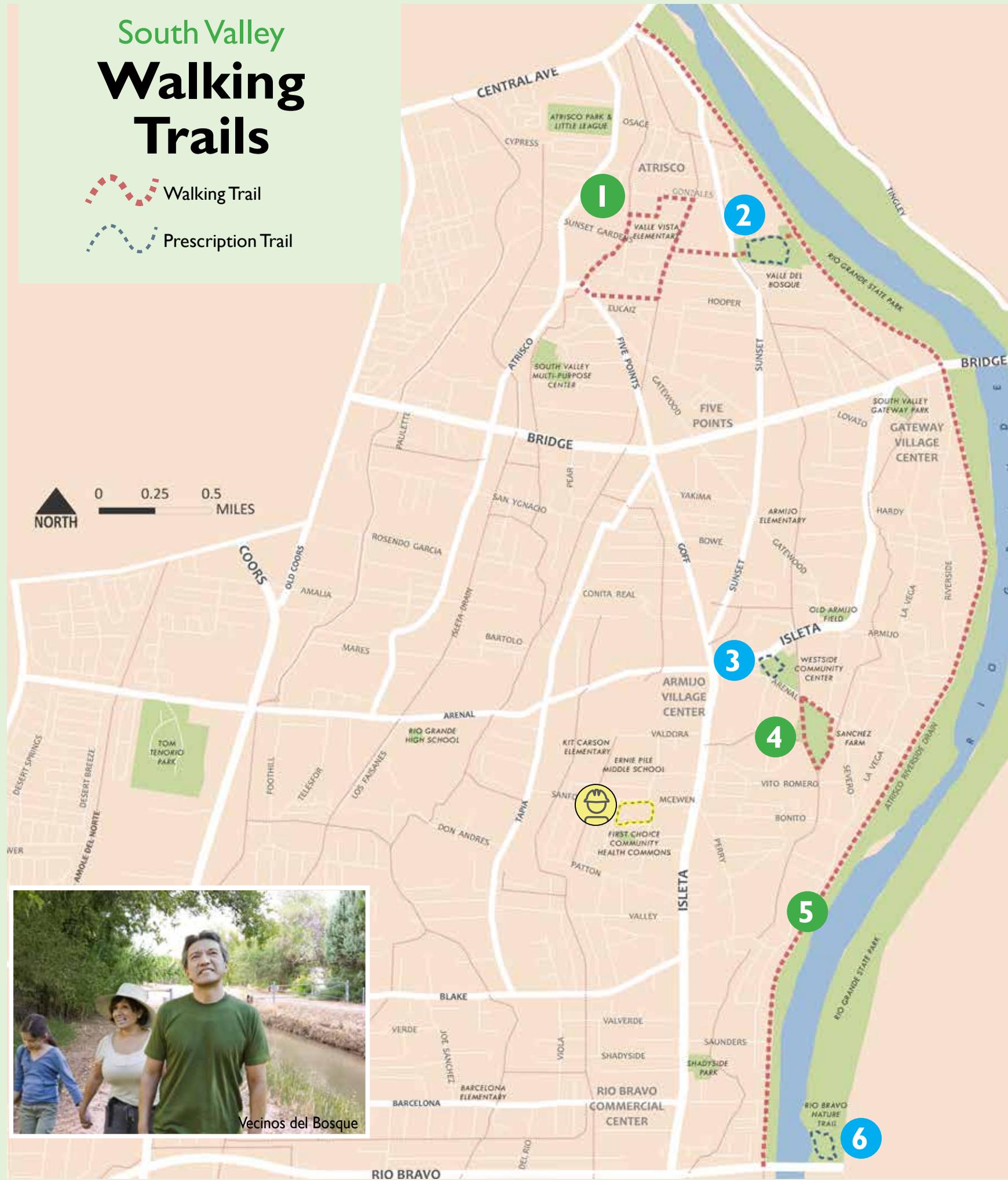
Made possible with funding from the Centers for Disease Control and Prevention.

# 6 Great Walks Close to You.

- 1 VECINOS DEL BOSQUE**  
 DISTANCE: 1.6 miles      TIME: 32 minutes  
 The acequias in this area are fun to explore and have supported farms and gardens in the South Valley for generations. This trail follows two acequias and connects to Valle del Bosque Park and the Bosque Riverside Drain Trail.
  - 2 VALLE DEL BOSQUE** ♿  
 DISTANCE: 0.4 miles      TIME: 10 minutes  
 Located in a quiet neighborhood. Enjoy the sports fields, playgrounds and access to the nearby riverside drain trail.
  - 3 WESTSIDE COMMUNITY CENTER** ♿  
 DISTANCE: .25 miles      TIME: 5 minutes  
 A walk around the center reveals a sports field, public art, and access to Isleta Ave.
  - 4 SANCHEZ FARM**  
 DISTANCE: .75 miles      TIME: 15 minutes  
 Enjoy this open space with farm plots and wildlife. Enter the site at the pedestrian gate near the acequia.
  - 5 ATRISCO RIVERSIDE DRAIN TRAIL**  
 DISTANCE: 8 miles total      TIME: Varies  
 Follows the west side of the bosque from Central Ave to Rio Bravo Blvd. Break it up into shorter segments such as by going between Central Ave and Bridge Blvd for a 2.1 mile walk (42 minutes one way) with a stop at the Valle del Bosque park.
  - 6 RIO BRAVO OPEN SPACE** ♿  
 DISTANCE: 0.3 miles      TIME: 7 minutes  
 This quiet, shady trail loops under a canopy of cottonwoods in the Bosque and brings you within view of the Rio Grande. It also provides access to the paved trails along the Atrisco Riverside Drain and along Rio Bravo.
-  **SOUTH VALLEY HEALTH COMMONS WALK (UNDER CONSTRUCTION)**  
 Will circle the campus and include pavement markers to guide walkers.

 Prescription Trails - Suggested walking and wheelchair accessible trails.

## South Valley Walking Trails



Vecinos del Bosque