

LA MESA WALKS!



September & October



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

Wednesday | September 6 | 9:00-10:30 AM | Easy

**Meet at La Mesita Park
8855 Dallas St., La Mesa**

Wednesday | September 13 | 9:00-10:30 AM | Moderate

**Meet at Harry Griffen Park
9550 Milden St., La Mesa**

Wednesday | September 20 | 9:00-10:30 AM | Easy

**Meet at the La Mesa Library
8074 Allison Ave., La Mesa**

Wednesday | September 27 | 9:00-10:30 AM | Moderate

**Meet at Vista La Mesa Park
3955 King St., La Mesa**

For more information

619.667.1322

recreation@cityoflamesa.us

www.cityoflamesa.us/urbantrails

Please arrive 10 minutes early to sign in. Walks leave promptly at 9:00. Bring water and dress appropriately

Easy - 1.5-3 miles, mostly flat

Moderate - 1.5-3 miles, includes hills

Advanced - 1.5-5 miles, steep inclines

Wednesday | October 4 | 9:00-10:30 AM | Easy

**Meet at the La Mesa Train Depot
4695 Nebo Dr., La Mesa**

Wednesday | October 11 | 9:00-10:30 AM | Moderate

**Meet at Sunset Park
5540 Lake Park Way, La Mesa**

Wednesday | October 18 | 9:00-10:30 AM | Advanced

**Meet at Highwood Park
4200 Parks Ave., La Mesa**

Wednesday | October 25 | 9:00-10:30 AM | Easy

**Meet at Porter Park
8450 La Mesa Blvd., La Mesa**



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