

# LA MESA WALKS!



## September & October



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

**Wednesday | Sept 7 | 9:00-10:30 AM | Moderate**  
**Meet at Harry Griffen Regional Park**  
**9550 Mildred St., La Mesa**

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

**Wednesday | Sept 21 | 9:00-10:30 AM | Easy**  
**Meet at Porter Park**  
**8450 La Mesa Blvd., La Mesa**

**Wednesday | Sept 28 | 9:00-10:30 AM | Moderate**  
**Meet at La Mesa Library**  
**8074 Allison Ave., La Mesa**

**For more information**  
**619.667.1322**

**recreation@cityoflamesa.us**  
**[www.cityoflamesa.us/urbantrails](http://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 | Oct 5 | 9:00-10:30 AM | Advanced**  
**Meet at La Mesita Park**  
**8855 Dallas St., La Mesa**  
La Mesa Urban Trail "The Stride"

**Wednesday | Oct 12 | 9:00-10:30 AM | Easy**  
**Meet at Jackson Park**  
**5870 Jackson Dr., La Mesa**

**Wednesday | Oct 19 | 9:00-10:30 AM | Advanced**  
**Meet at Collier Park**  
**4401 Palm Ave., La Mesa**

**Wednesday | Oct 26 | 9:00-10:30 AM | Moderate**  
**Meet at Aztec Park**  
**7945 Morocco Dr., La Mesa**



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