

LA MESA WALKS!



May and June



Morning walks are slower paced: 1-2 mi. Evening walks are faster paced & include hills: ~3 mi.

TUESDAY | May 7 | 5:00-6:30pm

Meet at Harry Griffen Regional Park
9550 Milden Street, La Mesa

TUESDAY | May 14 | 9:00-10:30am

Meet at the La Mesa Library
8074 Allison Avenue, La Mesa

TUESDAY | May 21 | 9:00-10:30am

Meet at Lake Murray near the Boat Docks
Enter through Kiowa Street

Interpretive walk about the History of Lake Murray

TUESDAY | May 21 | 5:00-6:30pm

Meet at Aztec Park
7945 Morocco Drive, La Mesa
*Free Yoga session after the walk at Aztec Park
45 minute walk | 45 minute yoga session*

TUESDAY | May 28 | 9:00-10:30am

Meet at Porter Park Gazebo
8450 La Mesa Boulevard, La Mesa

TUESDAY | June 4 | 5:00-6:30pm

Meet at Collier Park
4401 Palm Avenue, La Mesa

TUESDAY | June 11 | 9:00-10:30am

Meet at the La Mesa Library
8074 Allison Avenue, La Mesa

TUESDAY | June 18 | 9:00-10:30am

Meet at Lake Murray near the Ball Fields
6311 Park Ridge Blvd., San Diego

Interpretive walk about Cactus

TUESDAY | June 18 | 5:00-6:30pm

Meet at La Mesita Park
8855 Dallas Street, La Mesa

TUESDAY | June 25 | 9:00-10:30am

Meet at Porter Park Gazebo
8450 La Mesa Boulevard, La Mesa
*Free Yoga session after the walk at MacArthur Park
45 minute walk | 45 minute yoga session*

Rain will cancel these events

Recommended to bring a yoga mat or towel on May 21 and June 25

For more information contact
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