



LA MESA WALKS!



November and December



Note the new earlier time for evening walks !

TUESDAY | November 1 | 4:00pm-5:30pm

“Meetup” at Highwood Park

4200 Parks Avenue, La Mesa, CA 91942

Fast-paced walk including stairs- approx. 3 miles

TUESDAY | November 8 | 9:00am-10:30am

Meet at the La Mesa Library

8074 Allison Avenue, La Mesa, CA 91942

Slower-paced walk - approx. 1-2 miles

TUESDAY | November 15 | 9:00am-10:30am

Meet at Lake Murray near ball field

6311 Park Ridge Blvd, San Diego

From Golfcrest, left on Belle Glade, follow the road past the ball field and meet by the stairs.

Slower-paced walk - approx. 1-2 miles

TUESDAY | November 15 | 4:00pm-5:30pm

“Meetup” at Sunset Park

5540 Lake Park Way, La Mesa, CA 91942

Fast-paced walk including hills - approx. 3 miles

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

“Meetup” at Northmont Park

6030 Severin Drive, La Mesa, CA 91942

Fast-paced walk including hills - approx. 3 miles

TUESDAY | December 13 | 9:00am-10:30am

Meet at the La Mesa Library

8074 Allison Avenue, La Mesa, CA 91942

Slower-paced walk - approx. 1-2 miles

TUESDAY | December 20 | 9:00am-10:30am

Meet at Lake Murray at the Boat Docks

Enter through Kiowa Street

Slower-paced walk - approx. 1-2 miles



For more information contact

619-667-1300

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