



Helpful hits for the Fitness Walk

- * Feel free to turn back anytime if you can't make it all the way up the hill
- * Come back the exact way you came. Look around to see things you missed going up.
- * Stay on sidewalks when you can. There is one section between #10 and #12 where you should cross to the other side of the street where there is a sidewalk
- * Look at pictures on your smart phone so you know what to look at each numbered site
- * At the top of Park Ave. you can turn left and walk to Alta Laguna Park for some more amazing views of the Pacific Ocean

LEGEND

1	Parking Lot #11	12	Wendt Terrace (do not turn on this street)
2	City Hall / Pepper Tree	13	Park Avenue hill (this is where the real workout begins)
3	Fire Station / "The People's Council"	14	Heckel Greenbelt Preserve
4	Lumberyard Restaurant	15	Caves (scattered throughout walk up hill)
5	Golden fire hydrant / Water District Garden	16	Coastal blooms (scattered throughout walk up hill)
6	World Aids Day wall relief (fish)	17	Pacific Ocean Views
7	"Moving Forward" bench with shoes underneath	18	Thurston Middle School
8	Third Street hill (top of hill turn left)	19	Modern Architecture (scattered throughout walk up hill)
9	Little Free Library	20	Ken Frank View Park
10	Laguna Beach High School	21	Park Avenue Nature Trail
11	Water can collection	22	Top of the World neighborhood (touch tree near bus bench)

Hope you enjoyed the Fitness Walk. If you want another great workout while you are in town, go to 1000 Steps Beach and go up and down those stairs as many times as you can. I can do 6, but am sore for about 3 days after.