Join us Thursday, Sept 10 from 12 to 1 for a Cuyamaca College Wellness Walk

Meet on the Grand Lawn for music, health information and healthy snacks, then select one of the 6 routes and go for a walk

Maps, healthy snacks and water will be provided

Cuyamaca College Wellness Walks

Route 1 open road (1,200 steps) Begin at Bldg. F, pass the Warehouse (on right) and Automotive (on left), turn left on access road, then take a right to loop around the Nursery, past Bldg. I, then return to Bldg. F.

Route 2 shady (1,850 steps) Begin at Bldg. F, walk through the Grand Lawn, and head towards the Water Conservation Garden back entrance (by the Amphitheater). Loop around the Garden and return to Bldg. F.

Route 3 sunny sidewalk (2,200 steps) Begin at Bldg. F, walk through the Grand Lawn, cross the street heading towards the A Bldg., and pass the B Bldg., then turn right towards the Child Development Center, passing the lower playing field. Once there, re-trace your steps to return to the F Bldg.

Route 4 quick walk (1,150 steps) Begin at Bldg. F, continue past Bldg. E and the Gym to Bldg. B, loop around the LRC/Library returning to Bldg. F.

Route 5 sunny (1,450 steps) Begin at Bldg. F, at the E Bldg., take stairs up and head to the Track/Soccer Field, continue around the Field one time, then return to Bldg. F. (1 lap = 1/4 mile)

Route 6 mostly sun (1,500 steps) Begin at Bldg. F, continue through the Grand Lawn, cross the street and head towards the A Bldg., pass the B Bldg. to A Bldg., then re-trace your steps to return to the F Bldg.

Sidewalk, crosswalk
Footpath (dirt/gravels)