



Ukiah Walks outlines four walking routes, all of which originate at the Alex Thomas Plaza in downtown Ukiah. The routes are designed for people who want to walk for exercise. They average 2.5 miles, have no steep hills, and pass drinking fountains and benches. Combining any two of the routes will allow the walker to obtain the 10,000 steps that the Center for Disease Control recommends as the minimum amount of exercise an adult should get 5-6 times a week. The routes are not ADA compliant.

## *Reasons to Walk*

- Manages weight
- Improves circulation
- Helps breathing
- Combats depression
- Lengthens life span
- Lowers stress levels
- Improves sleep
- Kid-friendly
- Strengthens muscles, builds bone density, and keeps joints limber
- Builds community knowledge



**Ukiah Valley Trail Group**  
P.O. Box 501, Ukiah, CA 95482  
707-972-0926  
[www.mendotrails.org](http://www.mendotrails.org)



**City of Ukiah**  
300 Seminary Ave., Ukiah CA 95482  
707-463-6200  
[www.cityofukiah.com](http://www.cityofukiah.com)



**Mendocino Co. Community Health Services**  
1120 South Dora St., Ukiah, CA 95482  
707-472-2600  
[www.co.mendocino.ca.us/hhsa/chs](http://www.co.mendocino.ca.us/hhsa/chs)



**Greater Ukiah Chamber of Commerce**  
200 South School St., Ukiah CA 95482  
707-462-4705  
[www.ukiahchamber.com](http://www.ukiahchamber.com)

*Brochure and maps: Victoria Hand Design*

## **WALKING ROUTES** **UKIAH, CALIFORNIA**



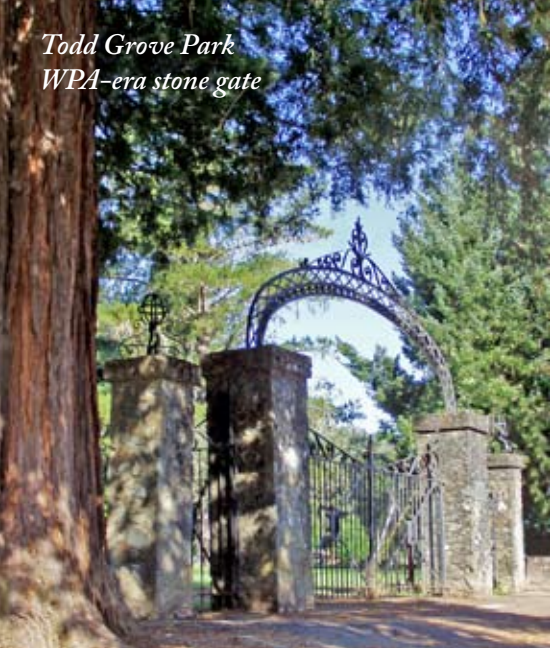
**Ukiah**  
**WALKS**

*Guide and Maps*

*Walk your way to health*



*Todd Grove Park  
WPA-era stone gate*



Enjoy these distinct, scenic walks of Ukiah. Each route provides glimpses of the unique qualities that make Ukiah such a special community. Simply follow the color-coded UkiahWalks logos that mark the routes, and explore, be healthy, and have fun!



*A westside scene*



*Redwoods along  
the Low Gap route*



*Observatory Park  
Labyrinth*

Photo courtesy of the City of Ukiah



*One of Ukiah's alleys*

*Alex Thomas Plaza*



Photo courtesy of Tom Liden