Reasons to Walk

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

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.
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!