

***STEP OUT
Farmington!***

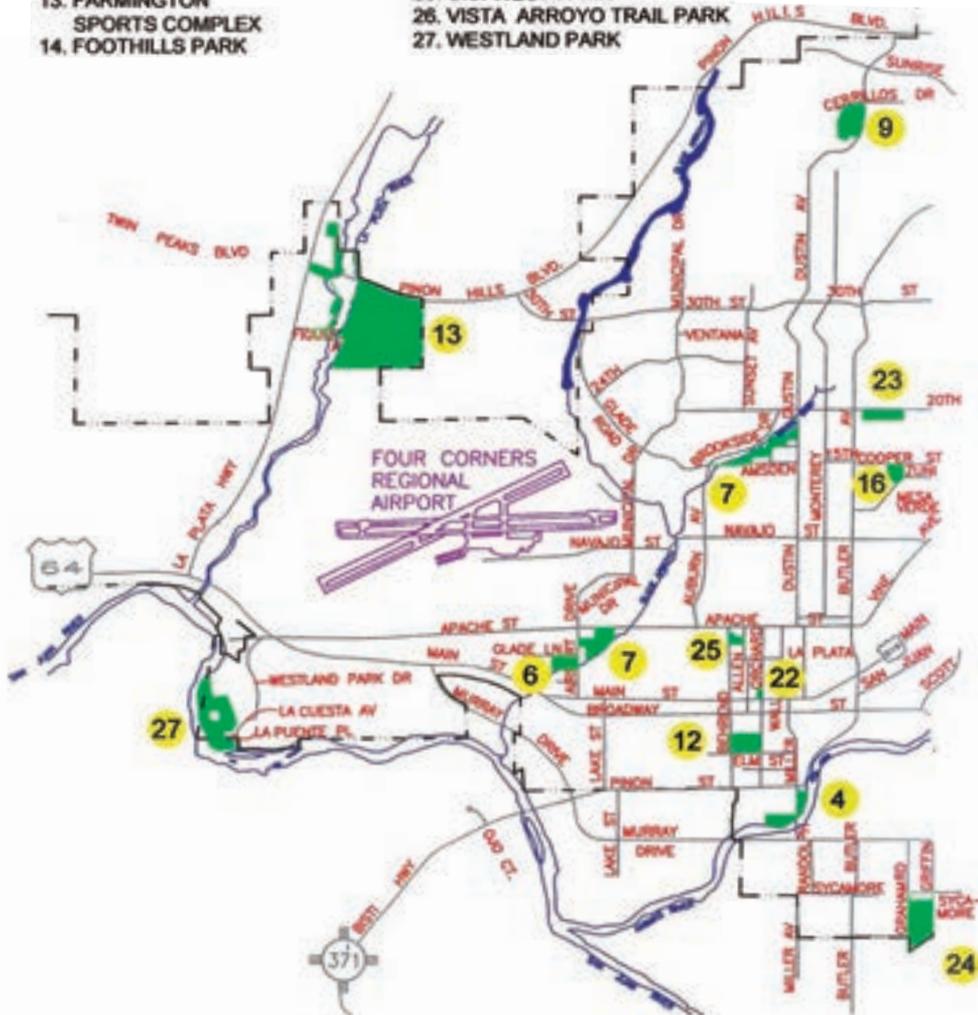


A Guide to Farmington's *Parks and Walking Trails*

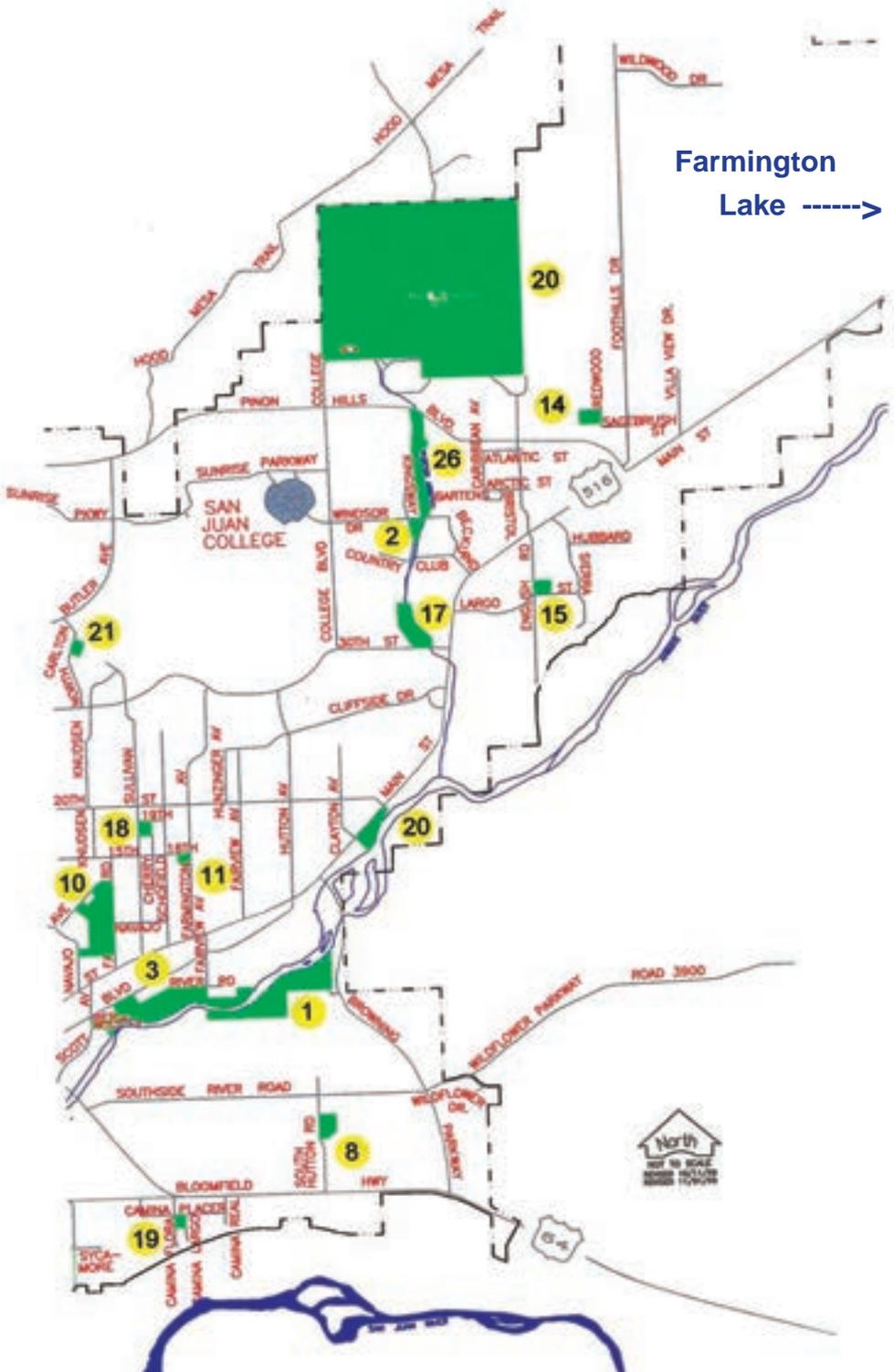
Cover Photo of Brook Haven West, courtesy of Roger Drayer

CITY OF FARMINGTON, NEW MEXICO PARKS TRAILS DIRECTORY

- | | |
|---|---|
| 1. ANIMAS RIVER PARK | 15. HIGHLAND VIEW PARK |
| 2. BECKLAND HILLS PARK | 16. JAYCEE PARK |
| 3. BERG PARK | 17. KIWANIS PARK |
| 4. BOYD PARK | 18. LOS NINOS PARK |
| 5. BROOK HAVEN- EAST PARK | 19. MOSSMAN GLADDEN PARK |
| 6. BROOK HAVEN - WEST PARK | 20. NORTHEAST RECREATION AREA,
LIONS WILDERNESS PARK,
SANDALWOOD PARK |
| 7. BROOKSIDE PARK | 21. NORTHRIDGE PARK |
| 8. CHULA VISTA PARK | 22. ORCHARD PLAZA PARK |
| 9. COLINAS DEL NORTE PARK | 23. PIGFORD ROSE GARDEN
ON 20TH STREET |
| 10. FAIRGROUNDS PARK | 24. SYCAMORE PARK |
| 11. FAIRVIEW PARK | 25. U.S. WEST PARK |
| 12. FARMINGTON INTERTRIBAL
INDIAN ORGANIZATION | 26. VISTA ARROYO TRAIL PARK |
| 13. FARMINGTON
SPORTS COMPLEX | 27. WESTLAND PARK |



Farmington
Lake ----->





The Step Out Farmington program will provide an enticing alternative for getting out of the house and enjoying the parks right here in your own hometown.

This guide will provide you with some of the best walking and wheelchair rolling routes available in our community.

For a City of Farmington Parks, Recreation, & Cultural Affairs list of all parks, facilities, and contact information, logon to:
www.fmtn.org/PRCA

Call (505) 599-1400 for Park Shelter Information



For information about this guide:

City of Farmington - Parks, Recreation, and Cultural Affairs
901 Fairgrounds Rd.
Farmington, NM 87401 ● (505) 599-1401



Brandi Prince

Health Promotions - San Juan IPA
2325 E. 30th St., Farmington, NM 87401 ● (505) 564-7928



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Parks, Recreation, and Cultural Affairs Commission: Dr. Al Buyok, Gwen Clouthier, Deb Cutler, Mike Dimond, Kerwin Gober, Harv Henry, Larry Hilliard, Dr. Bob Lehmer, Neil Merrion, Melissa Sharpe, Kirk Shropshire



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OTHER P.R.C.A. PARKS AND SPORTS FIELDS (Not included in Walking Maps Contents)

Bartens Park

4403 Bartens St.

Bluff Shadow Lake

South of Sycamore between
Hunter St. and Miller St.

Civitan Park

2551 N. Butler Ave.



Doc Jones Field

Southeast Corner of Sullivan
Ave. and 19th St.

Farmington Aquatic Ctr.

1151 N. Sullivan



Farmington Lake

North of Highway 550 at
Eastern City Limits

Farmington Museum and Visitors Center

3401 E. Main St.

Glade Park

W. Side of Municipal Dr. at the
Glade Arroyo

Justis Park

1825 N. Vine Ave.

Koufax Ballfield

2200 Sunset Ave. – Farmington
High School Campus

Mesa View

4451 Wildflower Dr. – Mesa
View Junior High School

Northeast Recreation Area

5800 College Blvd.

Oscar Thomas Park

On Pinon St. between
Behrend St. and Orchard Ave.

Piedra Vista High School

5700 College Blvd.

Puesta del Sol Park

620 W. 24th St.

Radio Control Park / Old Air Strip

1615 ½ Ojo Ct.

Rio Vista Park

2415 ½ Cliffside Dr.



River Bend Park

Hwy. 64 (Main St.),
East of La Plata River

Saddleback Park

5300 Marseille Blvd.



San Juan College Rec Area

West side of existing Building
Complex on Campus
(Ballparks)

Soccer Complex

Between Fairgrounds and Na-
vajo and North of Main St.

Sun Valley Park

Northwest Corner of Pine St.
and Silver Ave.

Vietnam Veterans Park

4001 N. Butler Ave.



Vista de la Plata Park

W. Comanche St., West of
Harper Hill Rd.

Westside Estates Park

1501 Robin Ave.

Wildwood Park

Foothills Dr. South on Wild-
wood Dr.

Why walk? Step out Farmington!

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive—all you need is a pair of shoes with sturdy heel support. Walking may:

- Give you more energy and make you feel good.
- Reduce stress and help you relax.
- Tone your muscles.
- Increase the number of calories your body uses.
- Strengthen your bones and muscles.
- Improve your stamina and your fitness.
- Lower your risk of chronic diseases, such as heart disease and type 2 diabetes.
- Give you an opportunity to socialize actively with friends and family.

For all of these reasons, people have started walking programs. This guide will help you get started with your own walking program.



Keep safety in mind when you plan your route and the time of your walk.

- If you walk at dawn, dusk, or night, wear a reflective vest or brightly colored clothing.
- Walk in a group or with a friend when possible.
- Notify family members of your walking schedule.
- Do not wear jewelry.
- Do not wear headphones.
- Be aware of your surroundings.

Start a Walking Program!

Leave time in your busy schedule to follow a walking program that will work for you. Keep the following points in mind as you plan your program:

-  Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
-  Bring water with you when you walk, and make sure that everyone has enough, especially in the summer.
-  Be sure to use sunscreen on all exposed skin when you are outdoors. People can burn just as badly on an overcast day, so make it a habit every time you walk.
-  Wear shoes with proper arch supports, firm heels, and thick flexible soles that will cushion your feet and absorb shock.
-  Before you buy a new pair, be sure to walk in them at the store.
-  Make sure that your socks are clean, dry, and fit properly, otherwise blisters, rashes, and callouses can develop. Your socks are at least as important as your shoes.
-  Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
-  For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.
-  Think of your walk in three parts. Warm up by walking slowly for 5 minutes. Then, increase your speed and do a fast walk. Finally, cool down by walking slowly again for 5 minutes.
-  Do light stretching after your warm-up and cool-down.



Try to walk at least three times per week. Each week, add two or three minutes to your walk. If you walk less than three times per week, you may need more time to adjust before you increase the pace or frequency of your walk.



To avoid stiff or sore muscles and joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.



If you tighten your stomach muscles and swing your arms while you walk, you will work more muscle groups and burn more calories in the same distance and time.



Be careful about using things like ankle and wrist weights. Too much weight can lead to hyperextension and joint damage. Making a conscious effort to lift your knees and swing your arms just a little higher has been shown to be just as effective as weights, and eliminates almost all of the risk. Plus, you save the money you would have spent on the weights.



Most of our area parks are animal friendly, so bring your dog (on a leash of course) with you. Your furry friend will love the exercise and companionship, and you'll find you enjoy your walks more than you did before.



Set goals and rewards. Examples of goals are participating in a fun walk or walking continuously for 30 minutes.



Keep track of your progress with a walking journal or log.



The more you walk, the better you may feel and the more calories you may burn.

Experts recommend 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. If you cannot do 30 minutes at a time, try walking for shorter amounts and gradually working up to it.



About this Guide

Grades will be noted in the description of the parks.

Grade 1 = Fully accessible to all users.

A flat, paved pathway located in or around a park that is suitable for wheelchairs.

Grade 2 = Mostly accessible.

A paved or packed crusher fine pathway that may have minor grade changes, or stairs, located in or around a park.

Grade 3 = Slightly challenging.

A paved, packed crusher fine, or dirt pathway with variations in grade, including elevation changes or stairs.

- Step is based on 2.3759 ft. per step. Your step length may vary.
- Trails will be denoted with a yellow line, alternate routes or loops will be denoted in blue, and hot pink.
- Nearby public facilities and community centers will be noted.
- Nearby general and handicap accessible parking will be noted.
- North is always up.
- Park Shelters are noted with a  icon.

Beckland Hills Park

3002 Kingsway Drive

Park walk can be accessed off Kingsway Drive or Windsor Drive. The City sidewalk serves as a portion of the park loop trail. Wheelchair accessible ramps are at the corner of Windsor and Kingsway and on Kingsway just north of the play area. The City sidewalk, to the south of the park, connects to Kiwanis Park.

Trail Distance: .2 miles or 450 steps

Difficulty: Grade 2, steps are located at the northeast corner of the park

Trail Surfaces: 4 foot wide concrete walk

Attractions: Play structures, benches under shade structure, open turf area with shade trees

Nearby Major Cross Streets: Windsor Drive at Kingsway Drive

Public Facilities: None

Parking: On Kingsway Drive and Windsor Drive



Boyd Park

700 S. Miller

Start at parking lot off Miller Street. Take park walks to the riverside trail. Proceed upstream or downstream along riverside walk. Upstream trail currently terminates behind Four States Gasket and will require a turn-around on the same section of trail. The downstream trail currently terminates behind Nico Oil and Gas Company and will require a turn-around on the same section of trail. A wheelchair accessible ramp is located at the south end of the parking lot, by the accessible parking stalls. Trails can accommodate pedestrians and bicyclists. Boyd Park is close to the downtown area, for those who want to take a lunch time walk along the Animas River.

Trail Distance: .71 miles or 1580 steps

Difficulty: Grade 3, chipper mulch on nature trails and slope from plaza to levee walk

Trail Surfaces: Varies, minimum 6-foot wide concrete pavers riverside walk and 5-foot wide concrete sidewalks within Boyd Park. Red crusher fine riverside trails and chipper-mulch nature trail upstream and downstream of Boyd Park

Attractions: Play structure, picnic tables with barbeques, plaza, open turf with shade trees

Nearby Major Cross Streets: South Miller Street and Murray Drive (at the Miller Street Bridge)

Public Facilities: Restrooms

Parking: Off street



Brook Haven West Park

901 Glade Lane

Start your walk from the northwest entry walk on Glade Lane. Proceed east or south on the park loop walk. The upstream glade walk connects to Brook Haven East Park. (Note blue route and distances below.) Wheelchair accessible ramps are located at the corner of Airport Drive and Glade Lane and on Glade Lane by the basketball court.

Trail Distance: .26 miles or 570 steps

Difficulty: Grade 3, steps along west side of loop walk

Trail Surfaces: 5-foot wide concrete walk



Connecting Trail to Brook Haven East - - - - -

Trail Distance: .19 miles or 421 steps

Difficulty: Grade 3

Trail Surfaces: Sand wash, travels under the Airport Drive bridge

Attractions: Play structures, basketball court, picnic tables and barbecues, open turf with shade trees

Nearby Major Cross Streets: Glade Lane and Airport Drive

Public Facilities: None

Parking: On Glade Lane



Brook Haven East Park

805 W. Apache Street

Access trail from north parking lot. Proceed south to trail along the glade. The upstream trail will connect you to Apache Street. Turn left on City sidewalk to return to the park. The downstream glade walk connects to Brook Haven West Park. (Note blue route and distances below.) A wheelchair accessible ramp is located at the south end of the parking lot, by the accessible parking stalls.

Trail Distance: .32 miles or 420 steps

Difficulty: Grade 1

Trail Surfaces: 5-foot wide concrete walk

Connecting Trail to Brook Haven West - - - - -

Trail Distance: .19 miles or 421 steps

Difficulty: Grade 3

Trail Surfaces: Sand wash, travels under bridge

Attractions: Play structures, basketball court, picnic tables and barbeques, open turf with shade trees

Nearby Major Cross Streets: Apache Street and Airport Drive (west of Childhaven)

Public Facilities: None

Parking: Off-street parking



Brookside Park

1801 Brookside Drive

Your walking journey may start at a number of locations in the park. There are parking lots at the west and east ends of the park, as well as in the middle of the park. Portions of the loop walk include City sidewalks. Wheelchair accessible ramps are located at the parking lots throughout the park.

Trail Distance: .62 miles or 1370 steps

Difficulty: Grade 3, steep walk from east parking lot to pool

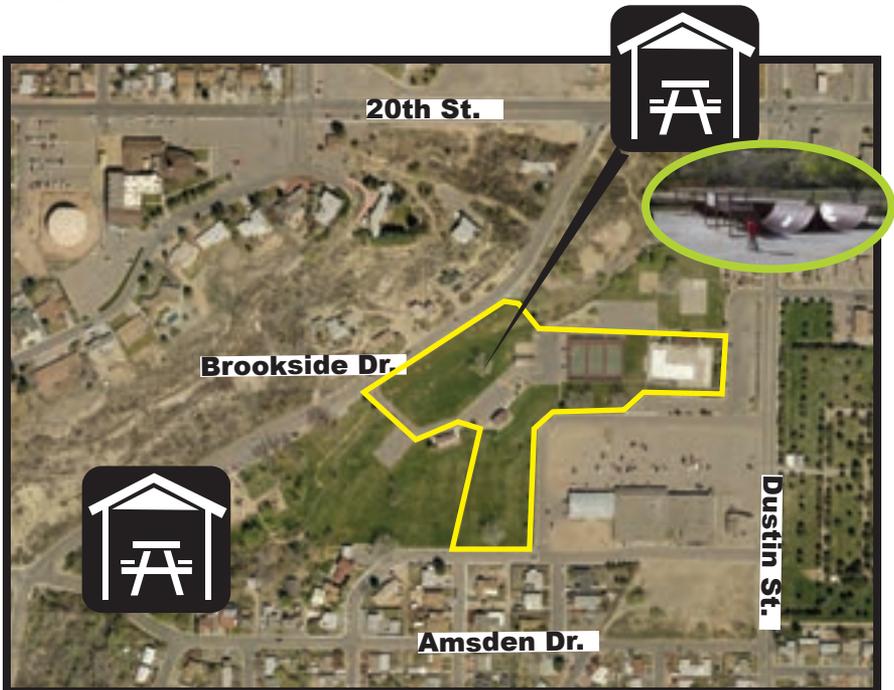
Trail Surfaces: 4 and 5-foot concrete walks

Attractions: Play structures, skateboard park, tennis courts, basketball courts, picnic shelters with tables and barbeques, open turf with shade trees

Nearby Major Cross Streets: Dustin Avenue and 20th Street

Public Facilities: Outdoor pool, amphitheater, restroom

Parking: Off street parking lots at west, central, and east sides of the park



Chula Vista Park

600 South Hutton Road

Access park walks from the west parking lot. Begin at the south end of the parking lot, where handicap access and parking stalls are located.

Trail Distance: .17 miles or 370 steps

Difficulty: Grade 1

Trail Surfaces: 5-foot wide concrete and asphalt walks

Attractions: Play structure, picnic shelter with tables and barbeques, basketball court, sand volleyball court, open turf with shade trees

Nearby Major Cross Streets: Hutton Road and South Side River Road

Public Facilities: Restrooms

Parking: Off street parking



Colinas Del Norte Park

499 Los Cerrillos Drive

Start your walk on Dustin Avenue by the play structure. City sidewalk will be used for a portion of this route. A wheelchair accessible ramp is located at the corner of Dustin Avenue and Cerrillos Drive.

Trail Distance: .27 miles or 606 steps

Difficulty: Grade 1

Trail Surfaces: Concrete park walk and City sidewalk

Attractions: Play structures, picnic shelter with tables and barbecues, basketball court, open turf with shade trees

Nearby Major Cross Streets: Dustin Avenue and Cerrillos Drive

Public Facilities: None

Parking: On Dustin Avenue



Fairgrounds Park

1003 Fairgrounds Road

Park at Recreation Center Parking lot to access walks within Fairgrounds Park. A wheelchair accessible ramp is located at the south edge of the Recreation Center parking lot. The walks may also be accessed from Fairgrounds Road.

Softball Fields Loop

Trail Distance: .45 miles or 990 steps

Difficulty: Grade 1

Trail Surfaces: 4-foot wide City sidewalk, 8-foot wide asphalt walks, and minimum 8-foot wide red crusher fine surface

Soccer Fields Loop ■ ■ ■ ■ ■ ■ ■ ■

Trail Distance: .84 miles or 1,865 steps

Difficulty: Grade 2

Trail Surfaces: Concrete sidewalk connecting to native soil pathways with slight up or down grades

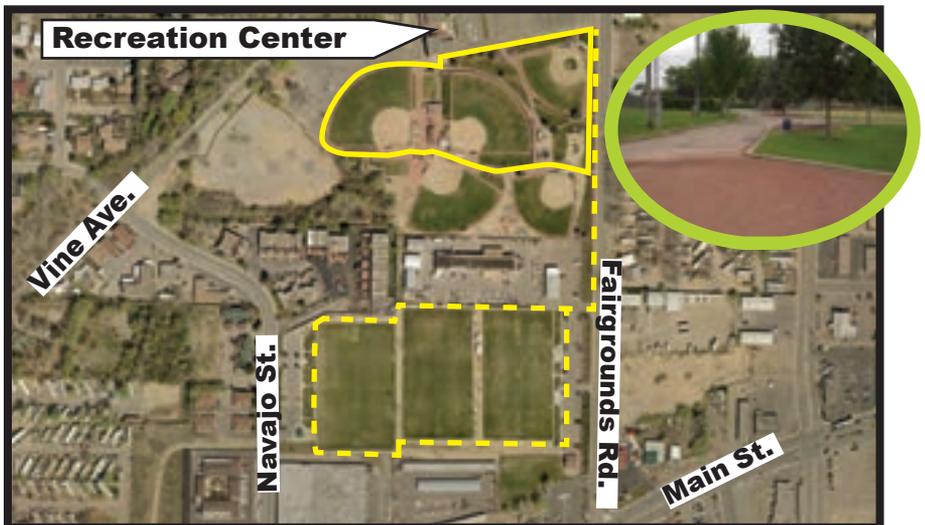
****** Look for optional routes within the park to enjoy ******

Attractions: Softball fields, play structures

Nearby Major Cross Streets: Fairgrounds Road between Main Street (Highway 516) and Cooper Street

Public Facilities: Concession/restroom buildings, Recreation Center directly north of park

Parking: Parking lot at Recreation Center off of Fairgrounds Road



Fairview Park

Farmington Avenue and 15th Street

Park on 16th Street or Farmington Avenue to access the park walks. A wheelchair accessible ramp is located at the corner of 16th and Farmington.

Trail Distance: .12 miles or 280 steps

Difficulty: Grade 1

Trail Surfaces: 8-foot asphalt walk and 4-foot wide City sidewalk

Attractions: Play structure, picnic tables and barbeques, open turf with shade trees

Nearby Major Cross Streets: Farmington Avenue and 16th Street

Public Facilities: None

Parking: On Farmington Avenue and 16th Street



Farmington Intertribal Indian Organization

100 West Elm

Park at east or west parking lot. Both east and west park sidewalks are wheelchair accessible.

Trail Distance: .21 miles or 470 steps

Difficulty: Grade 3, asphalt drive on the west side is sloped to the south

Trail Surfaces: 5-foot wide concrete park walk, asphalt paving in parking lot, and 4-foot wide City sidewalk

Attractions: play structure, picnic shelter, plaza, picnic tables and barbeques, open turf with shade trees

Nearby Major Cross Streets: Orchard Street and Elm Street

Public Facilities: Farmington Intertribal Indian Organization, restroom, hogan for special occasion uses

Parking: Parking lots on the east and west sides of the building



Farmington Sports Complex

2301 Pinon Hills Boulevard

Several starting points are located at the Farmington Sports Complex Park. Parking is provided at the center of the complex, as well as along a portion of the perimeter drive that leads to the Tennis Center. Wheelchair accessible ramps are located along the main parking lot perimeter sidewalk. An additional route is up the road to the Tennis Center and around the pro shop. The view of the La Plata Mountains from the pro shop patio is spectacular.

Sports Complex Loop

Trail Distance: 1.03 miles or 2,300 steps

Difficulty: Grade 3, portion of trail is hard packed dirt

Trail Surfaces: 5-foot wide concrete walk and minimum 8 foot wide hard packed dirt

Tennis Center Route ■ ■ ■ ■ ■ ■ ■ ■

Trail Distance: .87 miles or 1940 steps

Difficulty: Grade 3

Trail Surfaces: 5-foot wide concrete walk, 24-foot wide asphalt drive

Attractions: Softball and baseball fields, tennis center

Nearby Major Cross Streets: Pinon Hills Boulevard and Highway 170 (La Plata Highway)

Public Facilities: Concession stands, restrooms, tennis pro shop

Parking: On site at ball fields and tennis center



Foothills Park

5151 Redwood Avenue

Enter the park from Redwood Street. Park sidewalk forms a loop at the west end. A wheelchair accessible ramp is located at the corner of Redwood Avenue and Beech Street.

Trail Distance: .18 miles or 406 steps

Difficulty: Grade 1

Trail Surfaces: 4 and 5-foot wide concrete walk

Attractions: Play structure, picnic shelter with tables and barbeques, open turf with native juniper trees

Nearby Major Cross Streets: Redwood Avenue at Cypress Street

Public Facilities: None

Parking: On Redwood Street



Animas Park/Berg Park

135 & 145 North Browning Parkway and 400 Scott Avenue

Animas and Berg Parks occur along the Animas River and form a single park property. There are riverside trails, woodland trails and nature trails that run parallel to the Animas River. Riverside and woodland trails are accessible to the disabled. Trails can accommodate pedestrians, bicyclists and equestrians. Both Animas and Berg Parks offer year round interest for the avid nature lover and the casual walker. For more detailed information on the network of trails and optional routes, please pick up the River Corridor Trails Guide at the Parks, Recreation, and Cultural Affairs Administrative Office or at the Farmington Museum at Gateway Park.

Trails can be accessed in Animas Park from the eastern parking lot, by the Harvest Grove Barn. Trails in Berg Park may be reached from the parking lots off San Juan Boulevard, from Fairview Avenue or Tucker Avenue, as well as from the hotels that exist along Scott Avenue.

Take a moment to reflect at All Veterans Memorial Plaza accessible from each of the following walks. The memorial is noted on the walking map.

Short Walk: Bridge to Bridge Loop Trail - - - - -

Trail Distance: 1.15 miles or 2,547 steps

Difficulty: Grade 2, there are ramps at the two bridges

Trail Surfaces: 8-foot wide crusher fines, concrete pavers, and wood planks on the bridges

Attractions: Animas River, trails, plazas, native landscaping, and white-water park

Nearby Major Cross Streets: San Juan Boulevard and Scott Avenue

Public Facilities: Restrooms and play structure

Parking: Fairview Avenue off San Juan Boulevard, at the end of Fairview, follow the signs to Berg Park



**BEST
WESTERN**

San Juan Blvd.

Scott Ave.

Broadway

Fairview Ave

Berg Park (West) / Animas Park (East)



**All Veterans
Memorial Plaza**

**Riverside Nature
Center & Wetlands**



**Entrance to
Animas Park**

Browning Parkway

Tucker Ave.

- ■ ■ ■ ■ Short Walk: Bridge to Loop Trail - 1.15 miles/2,547 steps
- ● ● ● ● Medium Walk: Riverside/Woodland Loop Trail - 1.86 miles/4,147 steps
- — — Long Walk: Berg to Animas Loop Trail - 3.5 miles/7,789 steps

Animas Park/Berg Park, cont.

135 & 145 North Browning Parkway and 400 Scott Avenue

Medium Walk: Riverside/ Woodland Loop Trail ●●●●●●●●

Trail Distance: 1.86 miles or 4,147 steps

Difficulty: Grade 2, there are ramps at the two bridges

Trail Surfaces: 8-foot wide crusher fines on riverside and woodlands paths, concrete pavers and wood planks on the bridges

Attractions: Animas River, trails, plazas, native landscaping, and white-water park

Nearby Major Cross Streets: San Juan Boulevard and Scott Avenue

Public Facilities: Restrooms and play structure

Parking: East of River Reach Terrace off San Juan Blvd.

Long Walk: Berg to Animas Loop Trail — — —

Trail Distance: 3.5 miles or 7,789 steps

Difficulty: Grade 2, there are ramps at the two bridges, ramp and stairs occur at the trail head behind Best Western Inn and Suites

Trail Surfaces: 8-foot wide crusher fines on riverside and woodlands paths, concrete pavers and wood planks on the bridges

Attractions: Animas River, trails, plazas, native landscaping, white-water park, and Xeriscape Demonstration Garden. Don't miss the interactive water feature at the northwest entrance to Berg Park.

Nearby Major Cross Streets: Browning Parkway and Main Street (Highway 516)

Public Facilities: Harvest Grove Barn and Orchard, Riverside Nature Center

Parking: East and west of Harvest Grove Barn at Animas Park or behind Best Western Inn and Suites at Berg Park



Highland View Park

3700 North English Road

Begin your walk on the sidewalk by the play structures. The trail will loop around the park, using the southern City sidewalk as part of the loop. Wheelchair accessible ramps are located at the north and south ends of the parking lot.

Trail Distance: .25 miles or 565 steps

Difficulty: Grade 1

Trail Surfaces: 4-foot wide asphalt walk, 4-foot wide concrete City sidewalk, minimum 4-foot wide concrete sidewalk

Attractions: Play structure, picnic shelter with tables and barbeques, basketball court, open turf used for soccer games

Nearby Major Cross Streets: Largo Street and English Road (behind the mall)

Public Facilities: None

Parking: Off street



Jaycee Park

1009 East Cooper

Begin your walk at the south or north entry points into the park. Use the City sidewalks around the park to complete the loop trail. Wheelchair accessible ramps are located at the corner of Cooper Street and Mesa Verde Avenue and at the south end of the park.

Trail Distance: .2 miles or 455 steps

Difficulty: Grade 1

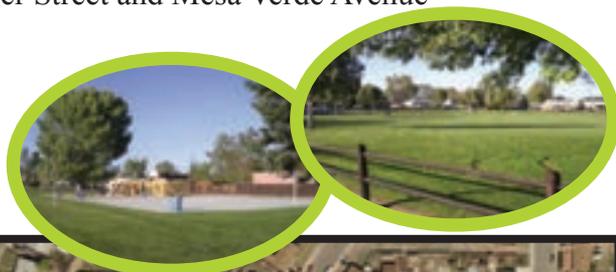
Trail Surfaces: 4-foot wide concrete walk

Attractions: Play structure, basketball court, open turf used for soccer games, shade trees

Nearby Major Cross Streets: Cooper Street and Mesa Verde Avenue

Public Facilities: None

Parking: On Cooper Street and Mesa Verde Avenue



Kiwanis Park

3540 East 30th Street

Start your walk along the eastern edge of the parking lot. Proceed south or north to continue your loop walk. Wheelchair accessible ramps are located at the south and north ends of the parking lot. A mature grove of cottonwoods in the park makes this a pleasant walk.

Trail Distance: .35 miles or 777 steps

Difficulty: Grade 1

Trail Surfaces: 4-foot wide asphalt and concrete sidewalks

Attractions: Play structures, picnic shelters with tables and barbeques, sand volleyball

Nearby Major Cross Streets: East 30th Street (3500 Block) and Main Street (Highway 516)

Public Facilities: Restrooms

Parking: Off street



Los Ninos Park

1625 East 19th

Your walk begins at the northern parking lot. Proceed south to the park and enjoy your stroll through the Nancy Sandel Memorial Garden. Wheelchair accessible ramps are located at the north parking lot.

Trail Distance: .29 miles or 640 steps

Difficulty: Grade 1

Trail Surfaces: 5-foot wide concrete walk, 4-foot wide red crusher fine path

Attractions: Play structure, picnic shelters with tables and barbeques, basketball court, Nancy Sandel Memorial Garden

Nearby Major Cross Streets: 20th Street and Sullivan Avenue

Public Facilities: On site

Parking: Parking lot to the north of the Boys' and Girls' Club



Lions Wilderness Park

North on College Avenue from Pinon Hills Boulevard

Hiking and biking trails can be found throughout Lions Wilderness Park. Designated trails are noted on the BLM's Glade Run Open Space Master Plan. Native pinon pines and one seed junipers, with picturesque sandstone outcroppings make this a classic southwest hiking experience.

Trail Distance: .88 miles or 1,964 steps

Difficulty: Grade 3, native soil paths with slopes that exceed 5%

Trail Surfaces: 4 to 8-foot wide native soil paths

Attractions: Hiking and biking trails

Nearby Major Cross Streets: Pinon Hills Boulevard and College Avenue

Public Facilities: Amphitheater with stage and seating, plaza with restrooms, concession, souvenir shop and picnic tables, (amphitheater normally closed to public except for performances and public events), frisbee golf course, picnic shelters with tables and barbeques

Parking: On site at amphitheater, at picnic shelters, and at trail-heads



**Anasazi
Trails
continue
North
to
Hood
Mesa
Trail**

Trail Sign
on East Side
of College

College Blvd.

Pinon Hills Blvd.



Lions Wilderness Park

**Sandalwood
Park**
See
Page 34



Lions Wilderness Amphitheater

 **Frisbee
Golf
Course**

Mossman Gladden Park

2115 Camina Placer

Access the park walks from the west or east sides of the park. Enjoy your walk through a quiet neighborhood, as you complete your loop walk on Camino Rio, south of the park. Wheelchair accessible ramps are located at the northwest and northeast corners of the park.

Trail Distance: .32 miles or 712 steps

Difficulty: Grade 1

Trail Surfaces: 4-foot wide concrete walks

Attractions: Basketball courts, tennis courts, play structures, athletic field, open turf area with shade trees, and picnic shelter

Nearby Major Cross Streets: Camina Placer and Camina Largo

Public Facilities: None

Parking: On perimeter streets



Northridge Park

3500 North Carlton

Begin your walk at the southwest corner of the park. The City sidewalk or interior park walk may be used to go north. Proceed east to loop walk around east half of park. Enjoy the views of the valley from the eastern loop walk.

Trail Distance: .45 miles or 1,050 steps

Difficulty: Grade 1, 5% slope on southern asphalt walk

Trail Surfaces: 4 and 5-foot concrete walks, 4-foot minimum asphalt walk

Attractions: Basketball court, play structures, picnic tables, open turf area with shade trees

Nearby Major Cross Streets: Carlton Avenue and Butler Avenue

Public Facilities: None

Parking: On Carlton Street



Pigford Rose Garden on 20th

20th Street between Chaco Street and Cochiti Avenue

Begin your walk at the west end, by Walgreens and Chaco Avenue or the east end at Cochiti Avenue. The City sidewalk or interior garden walk may be used to go west or east. Wheelchair ramps are located at each corner of side streets south of 20th street. Literally stop and smell the roses.

Trail Distance: .42 miles or 935 steps

Difficulty: Grade 2, wheelchair ramps at corners, crusher fine garden paths

Trail Surfaces: 4-foot wide concrete City walks, 4-foot minimum crusher fine garden path

Attractions: Roses and other flowering plants, water fountain, benches

Nearby Major Cross Streets: 20th Street and Butler Avenue

Public Facilities: None

Parking: On side streets south of 20th Street



Sandalwood Park

4800 Sandalwood (within Lions Wilderness Park)

Begin your walk at the southwest corner of the park, by the parking lot. Proceed north and to the loop walk around the play structures. In the near future, to the west of the park drive, there will be a loop hiking trail and bike trail that connects to other bike trails within Lions Wilderness Park.

Trail Distance: .11 miles or 244 steps

Difficulty: Grade 1

Trail Surfaces: 5-foot wide concrete walk

Attractions: Basketball court, play structures, picnic shelter with picnic tables, open turf area with pinon pines and juniper surrounding the park.

Nearby Major Cross Streets: Sandalwood Drive and College Boulevard

Public Facilities: Restrooms

Parking: On site



Sycamore Park

1051 Sycamore Street

Begin your walk at the Community Center north parking lot. Access loop walk to the east. As you walk the route, take time to enjoy the view of the bluffs to the south of the park. You may also choose to walk around the play equipment and picnic shelter.

Outside Loops

Trail Distance: .36 miles or 788 steps

Difficulty: Grade 1

Trail Surface: Minimum 5-foot wide concrete walk

Inside Loop ■ ■ ■ ■ ■ ■ ■ ■

Trail Distance: .13 miles or 286 steps

Difficulty: Grade 1

Trail Surface: Minimum 5-foot wide concrete walk

Attractions: Basketball court, play structures, picnic shelter with tables and barbeques, open turf area with shade trees

Nearby Major Cross Streets: Sycamore Street between Graham Road and Griffin Road

Public Facilities: Community Center

Parking: On site



U.S. West Park

Between Behrend and Allen and South of Apache

Start your walk on Allen Avenue. Proceed through park and walk around loop walk, using the City sidewalk as a portion of the route.

Trail Distance: .21 miles or 463 steps

Difficulty: Grade 1

Trail Surfaces: Minimum 4-foot wide concrete and asphalt walks

Attractions: Play structures, picnic shelter with tables and barbeques, open turf area with shade trees

Nearby Major Cross Streets: Allen Avenue and Apache Street

Public Facilities: None

Parking: On Allen Avenue and Behrend Avenue



Vista Arroyo Park

South of Pinon Hills Boulevard and North of Windsor

Access the trail from Windsor Drive, at the south end of the park. Proceed north up the arroyo to College Boulevard and double back on trail. You may chose to continue your walk north in the arroyo, through the culvert under Pinon Hills Boulevard. You may also continue south, through Beckland Hills Park, on the City sidewalk along the arroyo and through Kiwanis Park.

Trail Distance: .42 miles or 926 steps

Difficulty: Grade 3, hard packed dirt surface

Trail Surfaces: Minimum 6-foot wide hard packed dirt

Attractions: Trail

Nearby Major Cross Streets: Windsor Drive and Kingsway Drive (along Porter Arroyo)

Public Facilities: None

Parking: On Windsor Drive



Westland Park (Dog Park)

2999 La Puente Place

Begin your walk from the road-base parking lot at the park entry off La Puente Place. Go on the concrete walk through the developed park area and on to the dirt path that leads to a riverside trail. Walkers may also take the service road through the middle of the park and access secondary trails that connect to the riverside trail. If you have a dog, don't forget the dog park at Westland Park where your dog can run off leash.

Trail Distance: .51 miles or 1140 steps

Difficulty: Grade 3, uneven trail surfaces and native dirt trails

Trail Surfaces: Minimum 2-foot wide native dirt trail, 6-foot wide hard packed dirt road with exposed cobble, 5-foot wide concrete walk

Attractions: Basketball court, play structures, picnic shelter with tables and barbeques, trails, dog park, native cottonwoods, open turf area with shade trees

Nearby Major Cross Streets: La Cuesta Avenue and La Puente Place

Public Facilities: Dog Park

Parking: On site, off of La Puente Place and on site off La Habra Street



Want a Challenge?

Keep track of your walks and bring them to your health care provider to discuss. Use the walking logs on the following pages. Log the date, approximate steps, and the time it took for your walk.

Use a pedometer. Join 10,000 Steps, Shape Up America: www.shapeup.org/shape/steps.php

Walking 10,000 steps is the approximate equivalent of walking 5 miles. The distance covered depends on the length of your stride. That is why it is approximate. Walking 10,000 steps a day should help you burn 100 calories a day.

Heart Health

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. Do you want to determine whether your pulse or heart rate is within the target zone during physical activity? It's simple: you must stop exercising briefly to take your pulse, and count! Learn how to measure your heart rate by talking to a physical fitness coach at your local recreation center, or visit:

www.cdc.gov/nccdphp/dnpa/physical/measuring/target_heart_rate.htm

**Always check with
your physician
before starting a
new physical
activity program.**

ACTIVITY LOG

Tracking Your Progress
with Step out Farmington

STEP OUT!
Farmington!

Week 1

SUN. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

MON. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

TUES. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

WED. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

THUR. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

FRI. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

SAT. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

Week 2

SUN. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

MON. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

TUES. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

WED. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

THUR. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

FRI. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

SAT. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

ACTIVITY LOG

Tracking Your Progress with Step out Farmington

STEP OUT
Farmington!

Week 3

Week 4

SUN. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

SUN. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

MON. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

MON. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

TUES. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

TUES. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

WED. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

WED. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

THUR. / /
Steps _____ Total Time _____
Parks: _____
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THUR. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

FRI. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

FRI. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

SAT. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

SAT. / /
Steps _____ Total Time _____
Parks: _____
 I cut 100 Calories

DOCTOR'S PAGE



Hello, my name is Dr. William Cumberworth. I have been practicing medicine in the Farmington area for 35 years. Today I would like to share with you some of the medical benefits of walking as a part of your daily lifestyle. There are many benefits to daily walking. Some of the most important benefits of walking include:

- Reducing and controlling high blood pressure.

- Adding 3 hours of brisk walking a week to your life has

been shown to lower the risk of heart disease in women by up to 40%.

- Walking can help lower bad cholesterol (LDL), while raising good cholesterol (HDL).
- According to a study at Harvard, 5 hours of brisk walking every week can cut your risk of stroke by a whopping 50%.
- Harvard also found that regular walking reduced the risk of needing gallstone surgery by up to 31%.
- A regular walking program combined with a low fat diet and losing 5-7% of your overall weight can reduce your risk of type 2 diabetes and breast cancer by 50%.

Who knew that adding something as simple as a walk to our daily routine could do so much for us? Even a short walk every day can reduce stress, lengthen our lifespan, relieve arthritis and back pain, improve quality of sleep, prevent depression, and reduce the risk of colon cancer, osteoporosis, and impotence.

I hope that finding out about these benefits will inspire you and your friends and family to start walking and to live a better, longer, and healthier life. Hope I see you on the trail!

Sincerely,

Dr. William Cumberworth

“One step at a time is good walking”

Old Chinese Proverb



“The longest journey begins with a single step.”

Lao Tsu, Tao Te Ching



“After a day’s walk everything has twice its usual value.”

George Macauley Trevelyan





**STEP OUT
Farmington!**



With Special Thanks to:

SAN JUAN
IPA

Brandi Prince

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