



Walking Routes

Challenge Level Guide

All times are based on a 20 minute mile, individual times will vary depending on walking pace.

Easy: Fairly level and can be comfortably done in less than 30 minutes

Medium: Some hills but moderate mileage, can be done on your lunch hour

Hard: Includes hills and longer mileage



Nature Walk

Discover the beauty of Berkeley's campus. This walk includes Redwoods, Eucalyptis, Strawberry Creek, and Memorial Glade.

Challenge Level: Easy

Time: 30 - 45 Minutes

Miles: 1.3

Steps: 3000



Bear Walk

Get your exercise while finding 8 bears on campus.

Challenge Level: Medium

Time: 45 - 55 Minutes

Miles: 1.85

Steps: 4,285



Walking Routes

Perimeter-Total

Walk the perimeter of campus. It is a fairly long walk so we've broken it up into an Upper and Lower Route. Do one or both for a good workout.

Challenge Level: Hard

Time: 60 - 70 Minutes

Miles: 2.20

Steps: 5,250



Perimeter-Upper

Challenge Level: Medium

Time: 30 - 40 Minutes

Miles: 1.5

Steps: 3,225



Perimeter-Lower

Challenge Level: Medium

Time: 40 - 50 Minutes

Miles: 1.5

Steps: 3,500



Walking Routes

Nature Walk

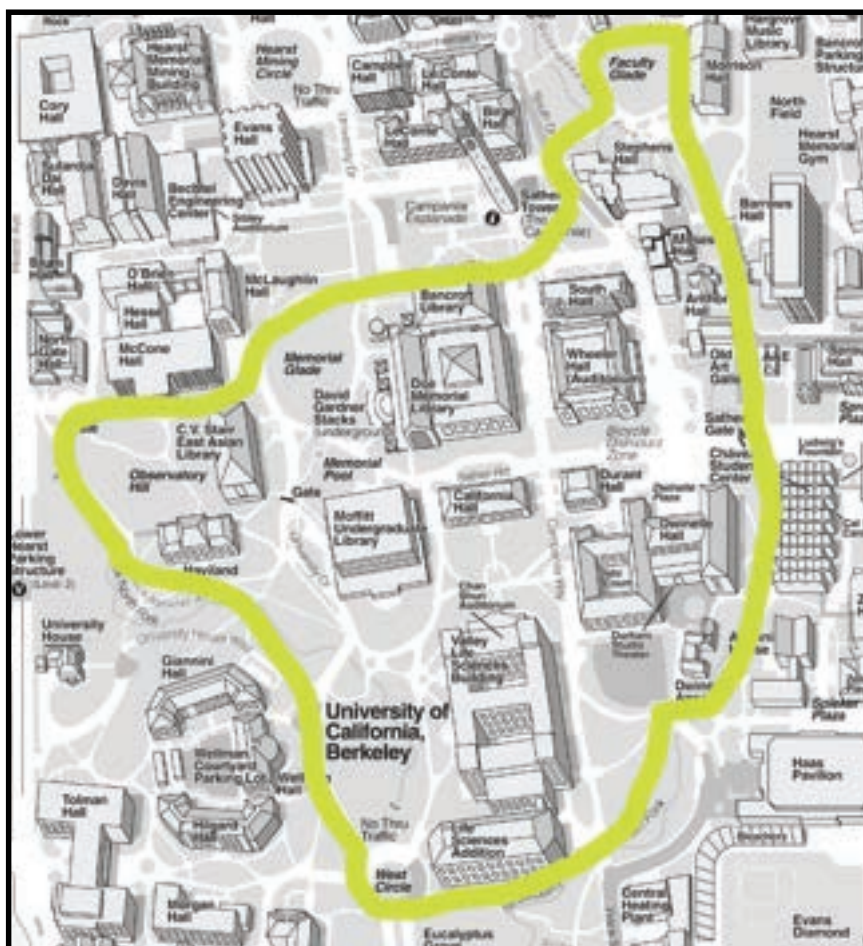
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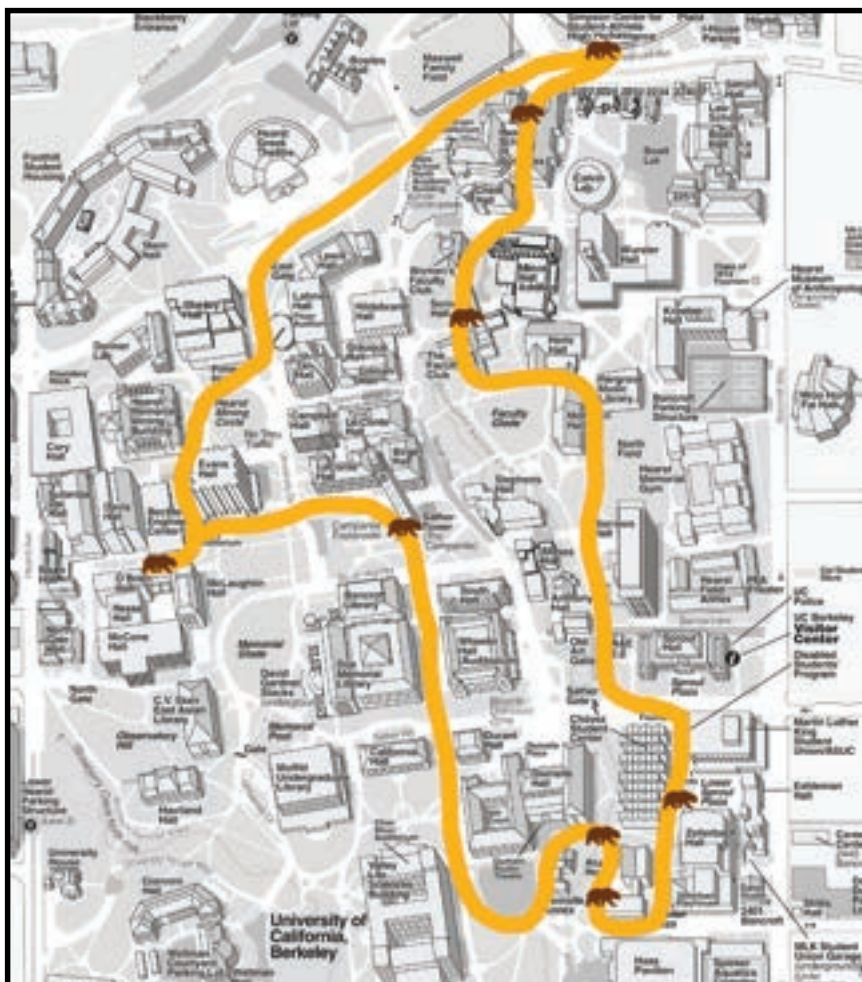
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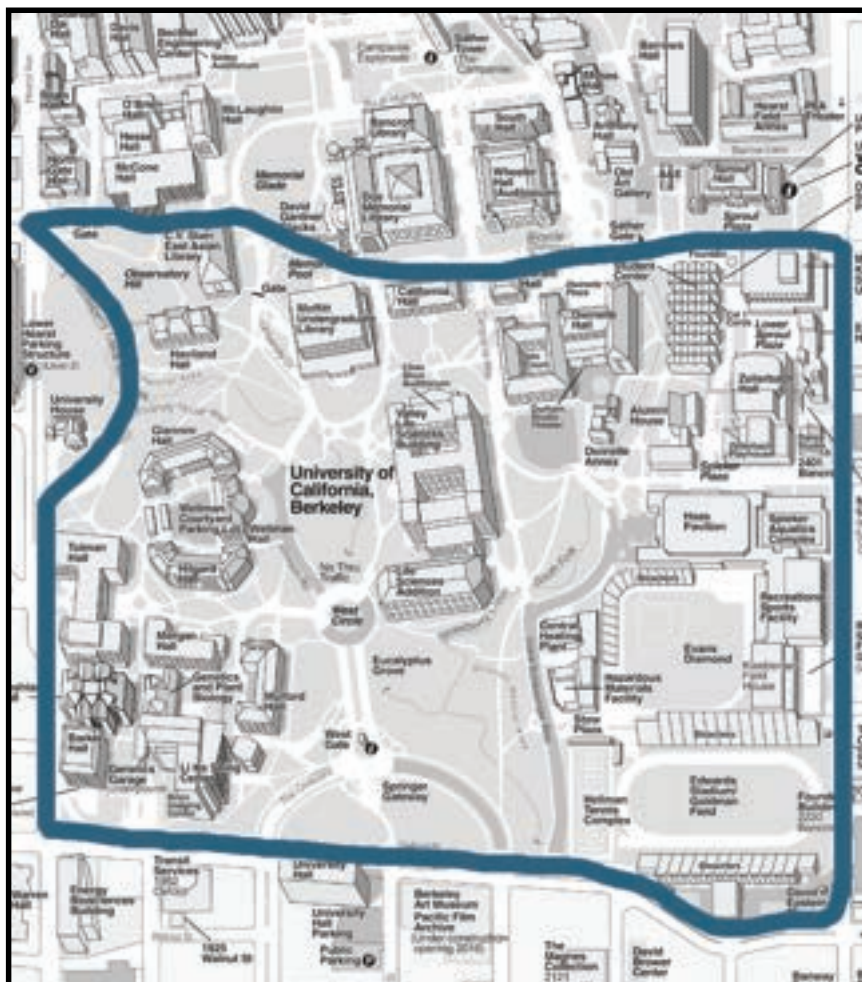
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