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

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**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

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**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
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