## Berkeley <br> Wriks 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

Werkelve 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.


## Perimeter-Lower

Challenge Level: Medium
Time: 40-50 Minutes
Miles: 1.5
Steps: 3,500

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## Perimeter-Upper

Challenge Level: Medium
Time: 30-40 Minutes
Miles: 1.5
Steps: 3,225


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## Perimeter-Lower

## Challenge Level: Medium

Time: 40-50 Minutes
Miles: 1.5
Steps: 3,500


## Berkeley <br> WhKiks 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

Challenge Level: Hard
Time: 60-70 Minutes
Miles: 2.20
Steps: 5,250 for a good workout.


