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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