# Rx for Outdoor Activity

**Congratulations** on deciding to increase your physical activity and enjoy the benefits of being in nature!

Here is the plan that we discussed to get you started.

Name:_____ Date:_____

Start with:_____minutes on_____days per week.

Increase to:_____minutes on_____days per week.

Let's review this plan in_____weeks.

x_____

M.D. Signature

Healthy People Healthy Trails

*NOTE: The trails recommended are mostly flat with a hard surface. Find further details at www.healthypeoplehealthytrails.org*

# Rx Para actividad al aire libre

¡Felicitaciones por tomar la decision de aumentar su actividad fisica y disfrutar de los beneficios de estar en la naturaleza!

Aquí esta el plan del que hablamos para que pueda empezar.

Nombre:_____ Fecha :_____

Inicio con:_____minutos_____dias por semana.

Aumentar a:_____minutos_____dias por semana.

Vamos a revisar este plan en _____semanas.

x_____

Firma del doctor

Gente Saludable Rutas Saludables

*NOTA: Los senderos recomendados son en su mayoria plano con una superficie dura. Encuentra más detalles en www.healthypeoplehealthytrails.org*

# Healthy People Healthy Trails

## Connect to an active life. Connect to the outdoors.

**Healthy People Healthy Trails** encourages you to live an active life while enjoying the outdoors. Our goal is for you to enjoy being active in our local parks and open spaces. Physical activity is an important component to good health. Walking may be the simplest way to exercise. People of all ages and abilities can enjoy walking outdoors as a form of daily physical activity. You can walk in a park, on a path or sidewalk.

### Tips to Get Started

- Wear comfortable shoes and sunscreen
- Bring a hat and water
- On hot days, walk during a cooler time of the day

### Trails at a Glance

Trails are mostly flat, paved, or packed dirt and are generally suitable for walkers, joggers, strollers, small children, and dogs on leash. Most trails here will take about 1 hour to complete at a comfortable pace. You can make any trail shorter or longer to fit your comfort level.

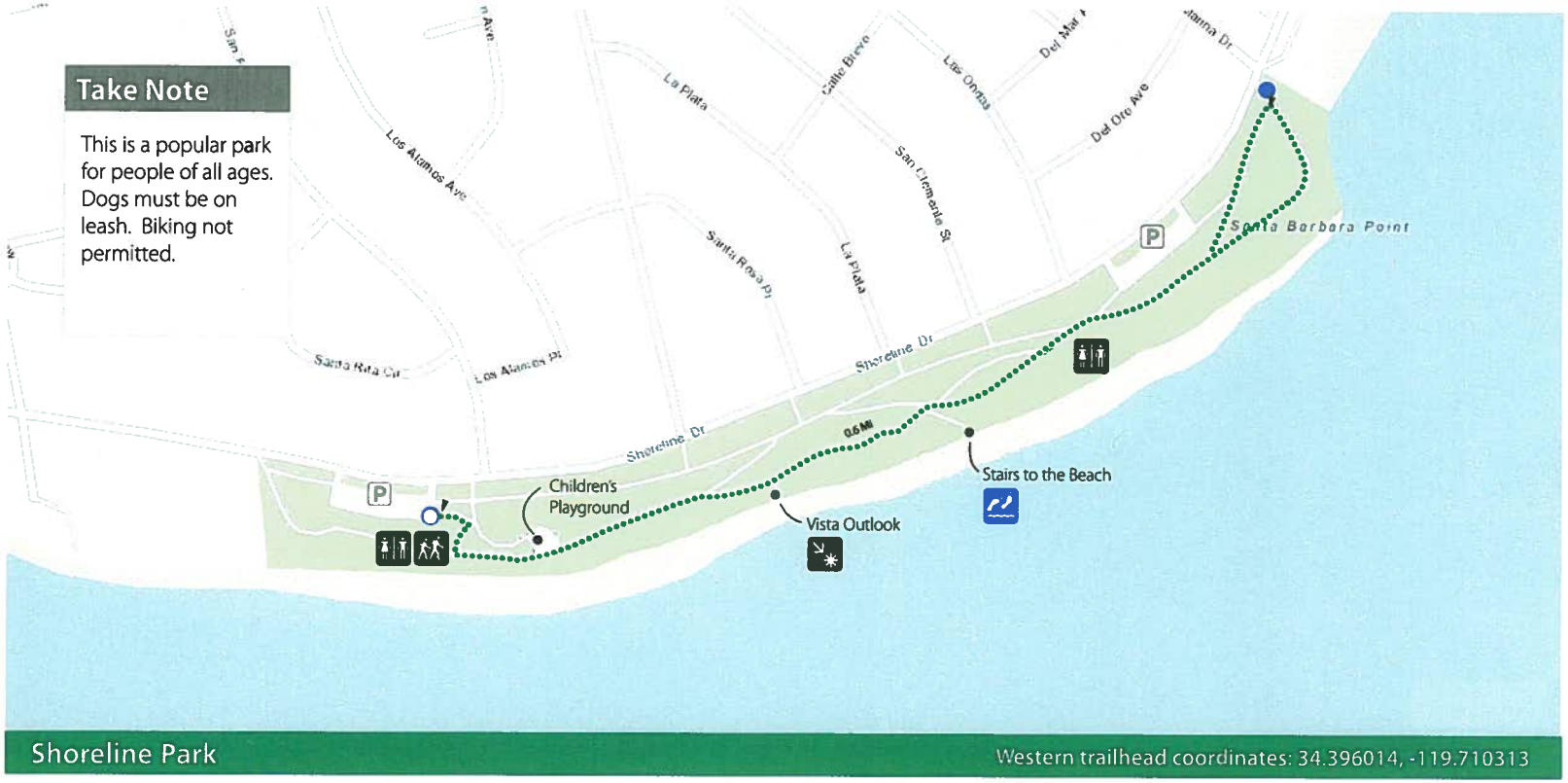
| Trail Name | Location | Miles and Description | Hike/ Walk | Bike | Skate or Blade | Stroller | Dogs on Trail | Restrooms |
|---|---|---|---|---|---|---|---|---|
| Carpinteria Salt Marsh | Carpinteria | **1.2 mile round trip.** *Dirt trail through estuary.* | ● | | | | | |
| Ennisbrook | Montecito | **1.25 miles out and back.** *Main trail is a level dirt path in mature oak woodland in the 44-acre San Ysidro Creek Preserve. Avoid side trails with steep inclines.* | ● | ● | | | ● | |
| Andrée Clark Bird Refuge | Santa Barbara | **1 mile round trip.** *Paved multi-use path adjacent to 29 acre lake and near beach access.* | ● | ● | ● | ● | ● | ● |
| Chase Palm Park Coastal Trail | Santa Barbara | **1+ mile round trip.** *Paved multi-use path stretching from Stearns Wharf to East Beach.* | ● | ● | ● | ● | ● | ● |
| Shoreline Park Walking Path | Santa Barbara | **1 mile round trip.** *Paved walking path set in the popular bluff-top park.* | ● | | | ● | ● | ● |
| Alice Keck Memorial Gardens and Alameda Plazas | Santa Barbara | **.75 miles perimeter loop.** *Paved path around the perimeter of two popular downtown parks. Dirt paths meander through gardens at Alice Keck Memorial Park.* | ● | | | ● | ● | ● |
| Lake Los Carneros | Goleta | **1.0 mile loop.** *Dirt walking trails on the east side of a 25-acre lake in the heart of Goleta.* | ● | ● | | ● | ● | ● |
| Girsh Park | Goleta | **.75 mile perimeter walk.** *Paved sidewalk and interior paths circumnavigate the 25-acre sports fields.* | ● | | ● | ● | | ● |

*For additional maps and information about HPHT, visit www.healthypeoplehealthytrails.org*

*Let's get walking!*

Healthy People Healthy Trails

# Shoreline Park Walking Path




## Legend

- Hiking-Walking Trail
- Park Area
- 0.5mi — Distance Indicator
- Trailhead
- Wildlife Viewing
- Point of Interest

0 00 Kilometers
0 00 Miles
North

Connect to an active life. Connect to the outdoors.

January 2016 | Subject to Change
Map designed by

**What to Expect:** Paved, one-mile round-trip walking path set within Shoreline Park. Park includes large grassy areas, a playground, walking paths, parking lots and restrooms. Very little shade exists, so bring your sunglasses, hat, and sunscreen!

**Park Description:** This bluff-top park is known for its vistas overlooking the Pacific Ocean and Channel Islands. Visitors enjoy wildlife viewing including whale-watching, people-watching, and exercising in the grassy open spaces. Beach access is available via a staircase, which is located within the park. Need a break? Rest at one of the bluff-top benches while listening to the sounds of the ocean below.

**Things to Do:** Walking, wildlife viewing, beach access, kite flying, and children's playground.

**Amenities:** Two public parking lots and street parking available. Restrooms, benches, and drinking fountains.

**What to Bring:** Map, sun protection, layered clothing, flashlite, first aid kit, water, snack, cellphone, personal identification, and other items.

**Trail Etiquette:** Have fun, be friendly and considerate. Leave what you find. Respect wildlife. Dispose of waste properly.

- **Difficulty Rating:** Easy
- **Distance:** 1.2 Mile out and back
- **Grade Change:** < 5%
- **Trail Layout:** Linear
- **Surface:** Paved concrete
- **Average Width:** 6 feet
- **Shade:** Very little
- **Obstacles:** Stairs to beach
- **Accessibility:** Not rated
- **Restrictions:** Dogs on leash. No biking, scooters, or skateboards.
- **Emergency:** Call 911

**Trailhead:** 1355 Shoreline Dr, Santa Barbara, CA 93109

**Directions:** South bound Highway 101, exit Castillo Street turning south-east toward the ocean. Take a right at Shoreline Drive climbing the hill to Shoreline Park. Street parking is available near the park. Parking lots are located at the east and west ends of the park. North bound Highway 101, exit Bath St., turn left on to W. Haley St. and turn left on Castillo St. Take a right at Shoreline Drive climbing the hill to Shoreline Park. Parking lots are located at the east and west ends of the park.

More information at: http://healthypeoplehealthytrails.org

**Park Managed by:**

- City of Santa Barbara Parks and Recreation
- Hours: Sunrise to 10prn
- Park Info: 805.564.5418
- Web Site: SantaBarbaraCA.gov/ParksAndRec

Healthy People Healthy Trails

# Alice Keck Park Memorial Gardens & Alameda Plaza Walking Tour

## Legend

- Walking Pathway
- Park Area
- Pond Area
- 0.5mi — Distance Indicator
- Trailhead
- Restroom
- Point of Interest

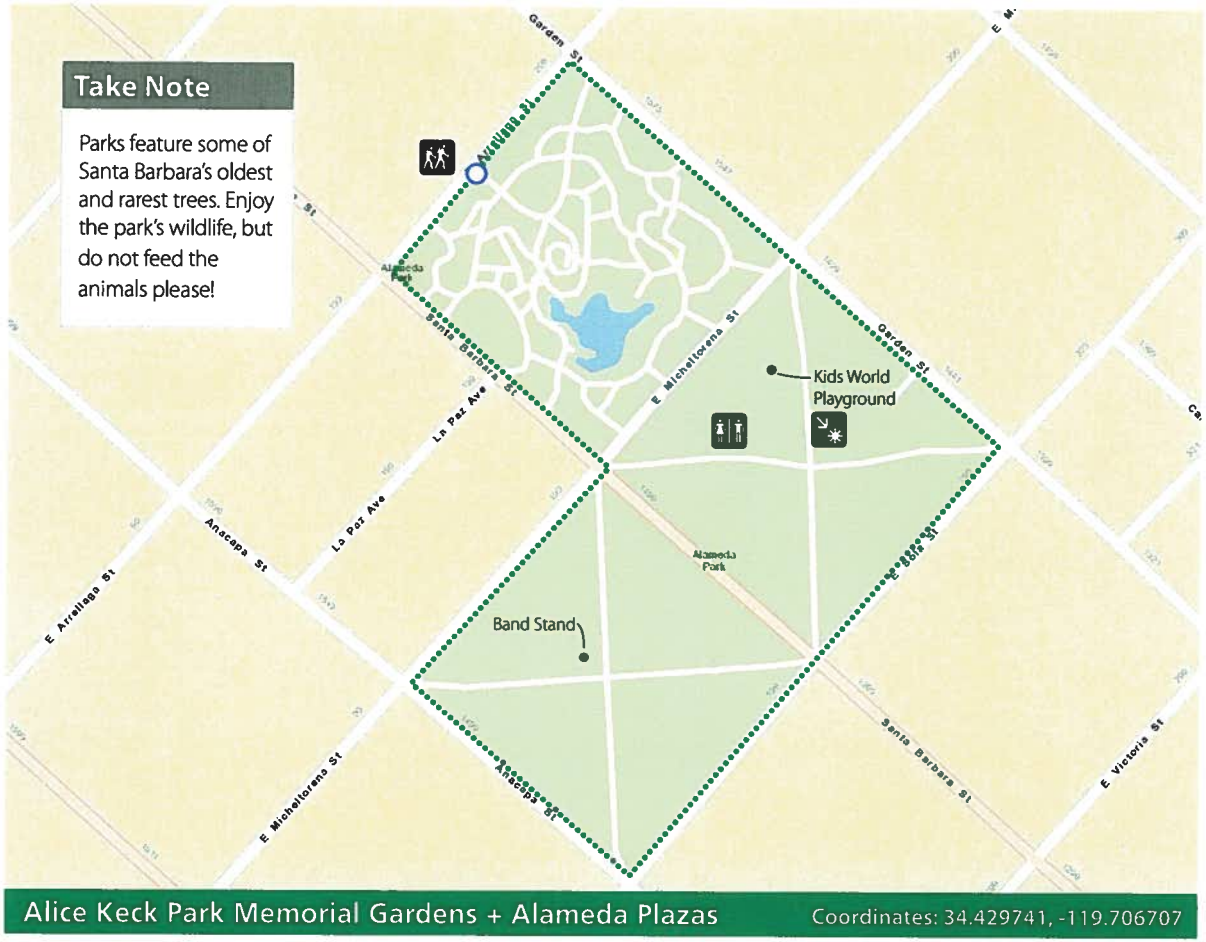
0 00 Kilometers
0 00 Miles

North

Connect to an active life. Connect to the outdoors.

January 2016 | Subject to Change

Map designed by




## Take Note

Parks feature some of Santa Barbara's oldest and rarest trees. Enjoy the park's wildlife, but do not feed the animals please!

**Alice Keck Park Memorial Gardens + Alameda Plazas** Coordinates: 34.429741, -119.706707

**Things to Do:** Walking, birding and wildlife viewing, tree and plant tour, playground.

**Amenities:** Restrooms and drinking fountains. Shade. Benches. Playground and open grassy lawns. Pond.

**What to Bring:** Map, sun protection, layered clothing, flashlite, first aid kit, water, snack, cellphone, and personal identification.

**Trail Etiquette:** Have fun; be friendly and considerate. Leave what you find. Respect wildlife. Dispose of waste properly.

**Access Mode/Parking:** By car, bike, and bus. Street parking available.

**Guided Walks:** Self-guided tree and plant tours are available online for those interested in learning more about the parks' horticulture: http://SantaBarbaraCA.gov/ParksAndRec

**What to Expect:** Alice Keck Park Memorial Gardens includes a meandering dirt walking path through lush gardens and around the central pond. The Alameda Plazas include a perimeter sidewalk and internal paved path with views of majestic trees from around the world.

**Park Description:** Alice Keck Park Memorial Gardens and the neighboring Alameda Plazas are two of Santa Barbara most popular parks. Located just east of downtown, they provide a quiet reprieve and boast amazing gardens and a wide variety of trees. Self-guided tree and plant tours are available online for those interested in learning about the parks' history and diverse horticulture.

- **Difficulty Rating:** Easy
- **Distance:** 0.75 miles perimeter loop
- **Grade Change:** < 5%
- **Trail Layout:** Loop
- **Surface:** Dirt and concrete
- **Average Width:** 6 feet
- **Shade:** Yes
- **Obstacles:** Caution crossing streets
- **Accessibility:** Not Rated
- **Restrictions:** Dogs on leash. No biking, scooters, or skateboards.
- **Hours:** Sunrise to 10pm
- **Emergency:** Call 911

**Trailhead:** 250 W. Arrellaga Street, Santa Barbara, CA 93101

**Directions:** Parks are located on Micheltoreana St. and Santa Barbara St. From the 101, exit Carrillo St. and turn north toward the mountains. Turn left on Santa Barbara St. Parking is along the streets surrounding the parks.

**Interpretive Information:** Plant directory is near the center of the park, above the pond. Low-water using demonstration portion is southern half of garden with a interpretative sign, brochure, and plant list in the southwest corner of the garden.

More information at: http://healthypeoplehealthytrails.org

**Park Managed by:**

- City of Santa Barbara Parks and Recreation
- Hours: Sunrise to sunset
- Park Info: 805.564.5418
- Web Site: http://SantaBarbaraCA.gov/ParksAndRec

Healthy People Healthy Trails

# Andrée Clark Bird Refuge Walking Path

## Take Note

This scenic route is shared with hikers joggers, bicyclists, roller skaters, baby strollers, and others.

Andrée Clark Bird Refuge — Los Patos Way trailhead coordinates: 34.422078, -119.657850

## Legend

- Hiking-Walking Trail
- Park Area
- 0.5mi — Distance Indicator
- Trailhead
- Wildlife Viewing
- Point of Interest

0 00 Kilometers
0 00 Miles
North

Connect to an active life. Connect to the outdoors.

January 2016 | Subject to Change
Map designed by

**What to Expect:** This paved path runs alongside a 29-acre lake that supports fish, turtles, and over 200 bird species. Views of the mountains, East Beach and ample wildlife viewing available.

**Park Description:** The Andrée Clark Bird Refuge is nestled between East Beach, the Zoo, the cemetery, and the railroad tracks. Historically a tidal marsh and salt pond, the area was purchased by a group of private citizens in 1906 with the intent of holding the land for public use. A $50,000 donation from Huguette Clark was given to the City provided the area would not be developed and the name of the park would be *Andrée Clark Bird Refuge* after Huguette's deceased sister.

**Things to Do:** Walking, birding, wildlife viewing, cycling, and running.

**Amenities:** Public parking lot. Benches around the perimeter of the lake. No restrooms.

**What to Bring:** Map, sun protection, layered clothing, flashlite, first aid kit, water, snack, cellphone, personal identification.

**Trail Etiquette:** Have fun, be friendly and considerate. Leave what you find. Respect wildlife. Dispose of waste properly..

- **Difficulty Rating:** Easy
- **Distance:** 2.0 Mile out and back
- **Grade Change:** < 5%
- **Trail Layout:** Linear
- **Surface:** Dirt and paved surfaces
- **Average Width:** 8 feet
- **Shade:** Very little
- **Obstacles:** uneven terrain
- **Accessibility:** Not rated
- **Restrictions:** Dogs on leash. No fishing
- **Emergency:** Call 911

**Trailhead:** 99 Los Patos Way, Santa Barbara, CA 93108

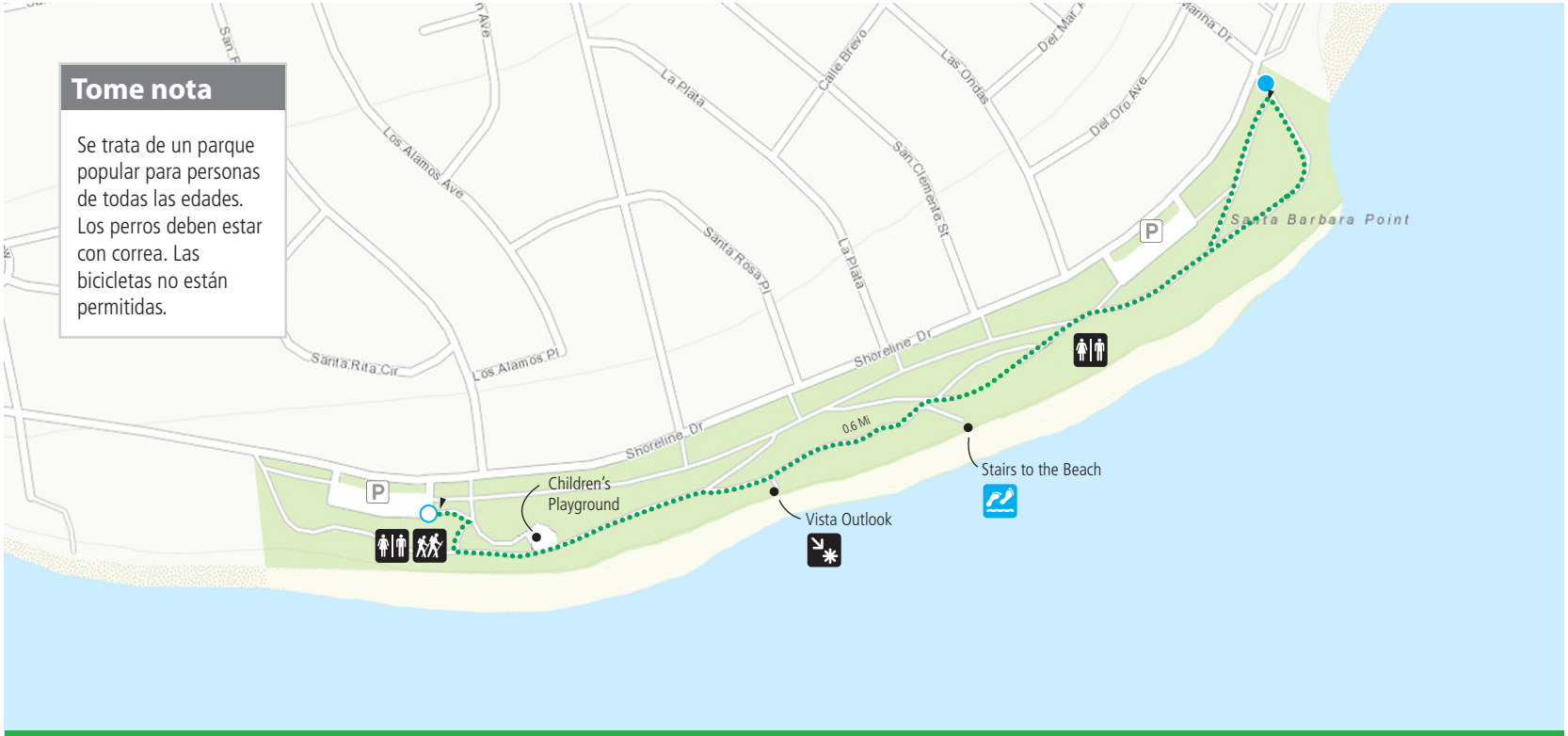
**Directions:** The Andrée Clark Bird Refuge is located at the corner of East Cabrillo Boulevard and Los Patos Way with parking on Los Patos Way. Southbound on Hwy 101, take the Hot Springs Rd. exit. Turn south toward the beach on East Cabrillo Blvd. Los Patos Way is the first street on the right. Northbound on Hwy 101 , take the Cabrillo Blvd exit (left hand exit). Turn left toward the beach on East Cabrillo Blvd. Los Patos Way is the first street on the right.

More information at: http://healthypeoplehealthytrails.org

**Park Managed by:**

- City of Santa Barbara Parks and Recreation
- Hours: Sunrise to Sunset
- Park Info: 805.564.5418
- Web Site: SantaBarbaraCA.gov/ParksAndRec

# Shoreline Park Walking Path




## Shoreline Park

**Coordenadas del inicio del sendero Western: 34.396014, -119.710313**

## Leyenda del Mapa

- Sendero a pie
- Zona del Parque
- 0.5mi — Indicador de Distancia
- Inicio del sendero
- Observación de Naturaleza
- Punto de interés

0 00 Kilometers
0 00 Miles

North

Conectarse con una vida activa. Conectarse con el aire libre.

Enero de 2016 | Sujeto a cambios

Mapa diseñado por Santa Barbara County Trails Council

**Qué esperar:** Pavimentado, sendero de una milla ida y vuelta dentro del Shoreline Park. El parque incluye grandes áreas verdes, un parque infantil, senderos, estacionamientos y baños. Existe muy poca sombra, así que ¡traiga sus gafas de sol, sombrero y protector solar!

**Descripción del Parque:** Este parque de cima acantilada es conocido por sus vistas al océano Pacífico y Channel Islands. Los visitantes disfrutan de observación de la naturaleza, de gente y hacer ejercicio en los abiertos espacios verdes. El acceso a la playa está disponible a través de una escalera, que se encuentra dentro del parque. ¿Necesita un descanso? Descansar en uno de los bancos de la cima del acantilado mientras escucha los sonidos del océano abajo.

**Cosas que hacer:** caminatas, observación de vida silvestre, acceso a la playa, volar barriletes y área de juegos para los niños.

**Servicios:** Dos estacionamientos públicos y estacionamiento disponible en la calle. Baños, bancas y fuentes de agua potable (bebederos).

**Qué traer:** mapa, protección solar, capas de ropa, linterna, kit de primeros auxilios, agua, bocadillos, teléfono móvil e identificación personal y otros artículos.

**Su etiqueta en el sendero:** Diviértase; sea amable y considerado. Deje lo que encuentre. Respete la vida silvestre. Elimine correctamente los residuos.

- Grado de dificultad: Fácil
- Distancia: 1.2 millas ida y vuelta
- Cambio de Nivel: <5%
- Diseño del Sendero: Linear
- Superficie: Pavimento concreto
- Ancho Promedio: 6 pies
- Sombra: Muy poca
- Obstáculos: Escaleras a la playa
- Accesibilidad: No clasificada
- Perros con correa. No bicicleta, motos ni patinetas
- Urgencias: llamar al 911

**Comienzo del sendero:** 1355 Shoreline Dr, Santa Barbara, CA

**Direcciones:** Hacia el Sur en la carretera 101, salida Castillo Street dar la vuelta al sureste hacia el mar. Gire a la derecha en Shoreline Drive subiendo la colina al Shoreline Park. Hay estacionamiento en la calle cerca del parque. Los estacionamientos se encuentran en los extremos este y oeste del parque. Hacia el Norte en la carretera 101, salida en Bath St., gire a la izquierda en W. Haley St. y gire a la izquierda en Castillo St. Gire a la derecha en Shoreline Drive subiendo a la colina del Shoreline Park. Los estacionamientos se encuentran en los extremos este y oeste del parque.

Más información en: http://healthypeoplehealthytrails.org

**Parque administrado por:**

- Parques y Recreación de la Ciudad de Santa Bárbara
- Desde el amanecer a las 10:00 p.m.
- Información del parque: 805.564.5418
- Sitio Web: SantaBarbaraCA.gov/ParksAndRec