

GENERAL WALKING INFORMATION FOR NORTHERN CALIFORNIA

Walking Clubs/Organizations

Many communities and organizations sponsor walking clubs. Your local parks and recreation department as well as your local newspaper are good places to check for walking groups in your community. The following Bay Area walking clubs are listed here as a convenience. The Arthritis Foundation is not associated with any of these clubs. Call the contact numbers for more information.

Bay Bandits Volksmarch Club	415-334-4279	San Francisco
Monterey Peninsula Walking Club	831-663-2833	Monterey County
Sonoma County Stompers	707-539-8083	Sonoma County
South Bay Striders	408-259-5157	Santa Clara County
Vaca Valley Volks	510-758-0532	Solano County

Walking Trails/Parks

These are just a sampling of the many parks and trails in Northern California available to walkers. Call the phone number shown for hours open and other information.

Bay Trail	510-464-7909	Multi-County
Botanical Garden Park	510-841-8732	Berkeley

Crissy Field	415-561-7690	San Francisco
Deer Park	415-507-2823	Fairfax
Golden Gate Park	415-753-7265	San Francisco
Great Highway Path	415-556-8371	San Francisco
Guadalupe River Park	408-298-7657	San Jose
Howarth Park	707-543-3278	Santa Rosa
Lake Merced	415-831-2700	San Francisco
McNear's Beach Park	415-507-2823	San Rafael
Mill Valley Multi-Purpose	415-499-6394	Mill Valley
Pleasanton Ridge	510-562-PARK	Pleasanton
Ridge Trail	415-561-2595	Multi-County
San Francisco Botanical Garden	415-661-1316	San Francisco
Schollenberger Park	707-769-0429	Petaluma
Spring Lake	707-539-8092	Santa Rosa
Stafford Lake County Park	415-499-6387	Novato
Tiburon Uplands Nature Preserve	415-507-2823	Tiburon
Westwood Hills Park/Walk	707-257-9529	Napa Valley

High School Tracks

Most high schools and college allow their tracks to be used by the public with some restrictions.

The following is a partial list of schools that do. Call for times available to public.

Castro Valley High School	510-537-5910	Castro Valley
Lincoln High School	408-535-6300	San Jose
Pioneer High School	408-535-6310	San Jose
Terra Linda High School	415-717-9566	San Rafael

Shopping Malls

Shopping malls are popular walking venues since most are enclosed, offering protection to walkers from inclement weather. They also provide a level walking surface that is free of obstacles such as curbs, cracks, potholes, etc. Shopping Malls often have time set aside, usually early morning, for individual walkers and walking groups. Sometimes, a mall will even sponsor and help organize a walking club.

Shopping Mall/Center Name	Phone #	City
Alameda Town Centre	510-523-1611	Alameda
Burlingame Plaza Shopping Center	950-697-0555	Burlingame
Pruneyard Shopping Center	408-346-4161	Campbell
Town Center	415-924-2961	Corte Madera
Serramonte Shopping Center	850-994-5797	Daly City
El Cerrito Plaza	510-424-6461	El Cerrito
Westfield Solano	707-425-1164	Fairfield
Gilroy Premium Outlets	408-842-3729	Gilroy
Southland Mall	510-782-3737	Hayward
Great Mall (Southland Mall)	408-945-4022	Milpitas
McCarthy Ranch Market Place	408-956-8971	Milpitas
Vintage Faire Mall	209-527-6592	Modesto
McHenry Village Shopping Center	209-522-0683	Modesto
Del Monte Shopping Center	831-373-4550	Monterey
Jefferson Square Shopping Center	707-256-6261	Napa
New Park Mall	510-794-4311	Newark
Stanford Shopping Center	650-325-8274	Palo Alto
Washington SQ Shopping Center (Qty Discount Shop)	707-778-2213	Petaluma
Century Plaza	925-754-2420	Pittsburg
Sun Valley Shopping Mall	925-687-8343	Pleasant Hill
Stoneridge Mall	9250463-1211	Pleasanton
Sequoia Station Shopping Center (Qty Discount Shop)	650-365-5435	Redwood City

Northridge Shopping Center	831-449-4583	Salinas
Tanforan Park Shopping Center	650-873-2200	San Bruno
Westfield San Francisco	415-512-6776	San Francisco
The Flat Iron Building	415-362-1593	San Francisco
Union Square Plaza	415-434-2771	San Francisco
Stonestown Galleria	415-731-1784	San Francisco
Three Embarcadero Center	415-391-1622	San Francisco
Santana Row	408 551 4611	San Jose
Westfield Oakridge	408-578-2912	San Jose
Almaden Fashion Plaza	408-266-3228	San Jose
Westgate Mall Shopping Center (Qty Discount Shop)	510-568-2436	San Leandro
Madonna Road Plaza	805-549-9424	San Luis Obispo
Hillsdale Shopping Center	650-345-8222	San Mateo
Shoreview Shopping Center	650-573-1500	San Mateo
Crystal Springs Shopping Village	650-579-7778	San Mateo
Carlmont Village Shopping Center	650-593-8075	San Mateo
Hillsdale Mall & Shopping Center	650-345-7502	San Mateo
The Mall at Northgate	415-472-1707	San Rafael
Westfield Valley Faire	408-248-4451	Santa Clara
Weberstown Shopping Center	209-477-6492	Stockton
Hammertown Plaza Shopping Center (Qty Discount Shop)	209-473-7272	Stockton
Visalia Mall	559-732-2613	Visalia
Broadway Plaza	925-934-8922	Walnut Creek

Helpful Websites For Walking And Hiking Information

<http://www.trailcenter.org/guides/disabilities/disabilities.htm>

This links to lists of accessible parks and trails in Santa Cruz, Santa Clara, San Mateo, and San Francisco Counties.

<http://www.bahiker.com/extras/allaccess.html>

This is a list of accessible trails throughout the Bay Area.

<http://www.bahiker.com>

This is a huge resource of hiking trail information for the Bay Area.

<http://www.openspace.org/>

Mid Peninsula Open Space website. Links to lots of local trail information, including:

http://www.openspace.org/activities/accessible_trails.asp

This gives all kinds of info about accessible trails.

<http://www.ebparks.org/parks.htm>

East Bay Park information with information re accessibility at each park.

http://www.sfcityguides.org/schedules_nov-apr.html

Information about walks in various locations in San Francisco.

<http://www.coastwalk.org/Hikes/hikes.htm>

http://www.pedfriendly.org/alamedawalks_pr.html

(Alameda area)

<http://www.rotarywalks.org/>

(Petaluma area)

<http://www.sonoma-county.org/parks/>

(Sonoma County)

<http://access.parks.ca.gov/home.asp>

Links to information about all state parks' trail accessibility.

<http://www.americantrails.org/resources/statetrails/CAstate.html#Agencies>

Links to extensive information about trails all over California.

<http://www.marinonthemove.org>

Fitness and Health Information

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