**Red Route:** Walk on the paved pathway around Oliver Bush Playground, starting at the corner of Florida Avenue and Caffin Avenue. (One loop = 0.4 mile)

**Gold Route:** Walk on the sidewalks around Andrew P. Sanchez Multi-Purpose Center, starting at the parking lot on the corner of N. Derbigny and Caffin Avenue. (One loop = 0.3 mile)

**Blue Route:** Walk on N. Claiborne Avenue’s neutral ground walking path, starting at Tennessee Street. Walk east until the intersection of N. Claiborne Avenue and Lamanche Street. Turn around and walk back to Tennessee. (One loop = 1 mile)

**Purple Route:** (Courtesy of GirlTrek New Orleans) Start at Douglass and Andry Streets. Walk south toward the Mississippi River and up the levee. Take a right at the top and continue walking along the levee until the St. Claude Bridge. Turn around at the bridge and walk back to the start. (One loop = 2 miles)

**Walk 10 minutes, 3 times a day**

Walking shorter times more often during the day is a great way to stay healthy because the metabolism gets revved up each time you walk!

Always walk on sidewalks and walking paths, not in streets. Watch for uneven surfaces. Be aware of your surroundings.
**Walkin’ in New Orleans!**

**Upper 9 Walking Routes**

**Teal Route:** Walk on the sidewalks around Akili Academy of New Orleans, starting at the corner of N. Galvez Street and Alvar Street. (One loop = .27 mile)

**Orange Route:** Walk on the sidewalks around Bunny Friend Playground, starting at the corner of Desire Street and S. Bunny Friend Street. (One loop = .27 mile)

**Green Route:** Walk on the sidewalks around Stallings St. Claude Recreation Center & Pool. (One loop = 0.3 mile)

**Pink Route:** Crescent Park trail begins at Elysian Fields Avenue and N. Peters Street. It continues east along the Mississippi River, ending at the Mazant Street parking lot. (One way = 1.25 miles. One loop = 2.5 miles)

For a shorter walk, start at the Piety Street entrance and use the crescent foot bridge to get to the soft rubber trail underneath. (One loop = .45 miles)

**Walk 10 minutes, 3 times a day**

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