

Reasons to Walk

- Control Weight
- Improve Circulation
- Increase Oxygen Levels
- Combat Depression
- Lengthen Life Span
- Lower Stress Levels
- Strengthen Muscles, Build Bone Density and Keep Joints Limber
- Improve Sleep Pattern
- Promote Family-Friendly Activity

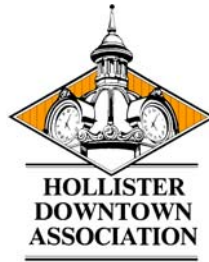
Safety and Comfort

- **Safety**
Walk with a buddy and carry a cell phone for emergencies.
- **Water**
Carry water whenever you go out on a walk.
- **Clothing**
Wear comfortable and loose-fitting clothing.
- **Shoes**
Your shoes should fit well, but allow enough room for your feet to expand.

Featured Walks

Downtown Shopping District
East of Eden
Sacred Heart Church
Historic District
Hazel Hawkins
Vista Park Hill Challenge
Fault to Fault

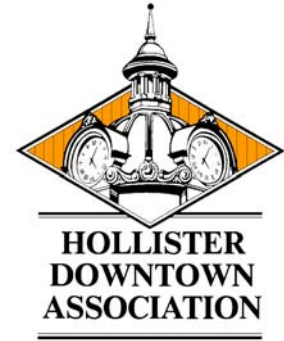
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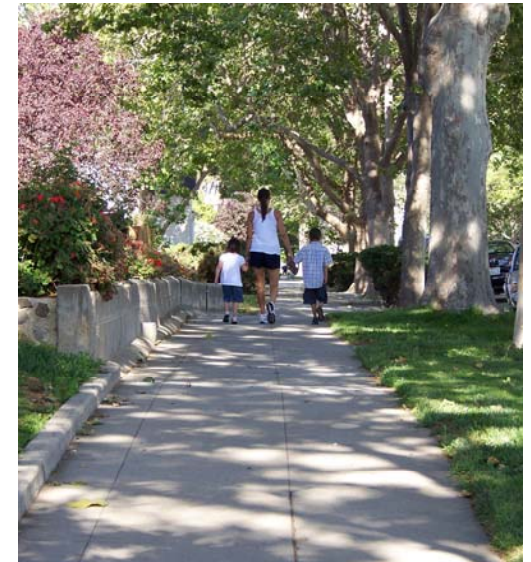
Join us for a downtown walk
every Friday at 11:30a.m.

at

YMCA of San Benito County
339 Fifth Street
Hollister, CA 95023
www.centralcoastymca.org
831-637-8600



Take a Walk! *In Downtown Hollister*



Green Downtown Shop Walk (1.2 miles)

On this walk you can visit all the local downtown shops, shop till you drop, and get your walking in all in one trip.

Pink East of Eden Walk (2.2 miles)

One of the longest routes, this walk includes several Steinbeck sites including the house used in the film *East of Eden*, John Steinbeck's grandfather's home, and the property where his grandfather raised dairy cows.

Blue Sacred Heart Walk (1.0 miles)

Begin at Dunn Park, the original location of Sacred Heart Church and rectory, and then stroll around a large block past Sacred Heart's current location and the home which once served as the rectory.

Yellow Historic District Walk (1.3 miles)

Learn the History of Hollister and the people that founded our city during this walk throughout downtown.

Cyan Hazel Hawkins Walk (2.3 miles)

This is the longest walk starting at the original Hazel Hawkins Memorial Hospital and out to the IOOF Cemetery where many members of Hazel's family are buried.

Orange Vista Park Hill Walk (1.5 miles)

Enjoy beautiful views of Hollister and beyond from atop Park Hill. This is a very challenging route, but well worth the extra effort.

Red Fault to Fault Walk (1.3 miles)

Follow the fault lines as they creep through downtown Hollister, forever changing our retaining walls, sidewalks, and curbs.

