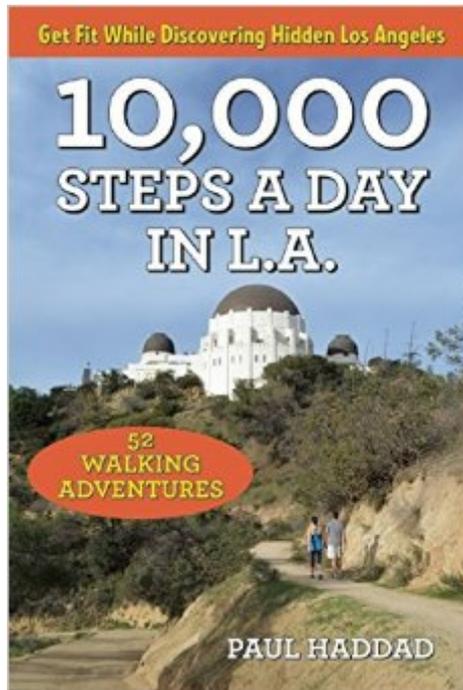


The book was found

10,000 Steps A Day In L.A.: 52 Walking Adventures



Synopsis

10,000 Steps a Day in L.A. is for urban adventurers with a passion for healthy living who are also eager to explore Los Angeles; from its most legendary locations to its more hidden, unsung, and quirky sites. In this first-ever book to explore the 10,000-steps lifestyle in Los Angeles, author Paul Haddad takes readers on a journey through the city's streets, beaches, mountains, rivers, reservoirs, and parks. He includes 10,000-step walks from throughout the Southland, from Simi Valley to the South Bay, and Pasadena to Pacific Palisades. Tread the grounds of a defunct Disney attraction called Dwarfland. Trace the extinct canals of Venice Beach. Stroll the shortest Main Street in America. Discover hidden streams, secret murals, lost cities, Hollywood haunts, houses made of stone, and parks that time forgot! 10,000 Steps a Day in L.A. features:

- 52 walks containing 10,000 steps
- Detailed maps and directions
- Descriptions of the terrain, walking surface, and dog-friendliness of each walk
- Parking suggestions
- Sidebars with colorful trivia and anecdotes

Most importantly, 10,000 Steps a Day in L.A. offers a sense of fun and discovery about Los Angeles that makes the goal of 10,000 steps easy to attain. Readers need only bring their feet; pedometers are optional!

Book Information

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Best Sellers Rank: #191,547 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #548 in [Books > Travel > United States > West > Pacific](#) #605 in [Books > Sports & Outdoors > Hiking & Camping > Excursion Guides](#)

Customer Reviews

I walk a lot and I am looking forward to many of the walks featured in this interesting book. I agree with many of the 5 star comments but have left 4 stars for two reasons. For me, the book would be improved by printing the walks on pages which do not overlap. I want the information with me when I take the walk but I'm not going to lug the book around. You can't tear out the pages of a walk

without tearing out the beginning and end of others walks. Also, while Mr. Haddad does sometimes give restaurant suggestions it is in the body of the text. I wish he had put it in a box (like the Extra Steps box) or on the original page which shows parking tips, terrain, etc. That way, when I'm choosing a walk, I can choose or eliminate with just a quick referral to the particulars without reading the whole walk chapter. (I like the details of the walk to be something of a surprise.) I do recommend the book, certainly. But, I'm hoping for another edition with these small changes.

Excellent info as well as a fun read, and I can't wait to take these walks!! Am recovering from hip replacement surgery and this was a little gift I bought myself since I will soon be walking pain free. I've lived in LA my whole life and I'm looking forward to discovering these fun new places on foot :)

I was browsing through the bookstore when I came across this book. I opened in the middle and started scanning through one of the easy reading chapters. Before I knew it, I found I had already perused several chapters, and I was planning when I could take my first hike. That's when I decided I should probably just buy the book so I could remember all the maps and locations. I started thinking about a few friends who would similarly enjoy a book like this. So I actually ordered a second copy as a gift. Easy read. Full of fun facts and historical LA/california trivia. Great idea, especially for this old cal native who drives near these places every day and never knew the fun history and that these locations are accessible to the public.

What a great book! My wife and I bought this book to inspire great/interesting walks with our kids around Los Angeles. Our favorite so far is along the pedestrian bridges downtown. Since my wife had a tendency to rip the pages out of the book so we wouldn't have to carry the book on our walks (how dare she?!?), I was inspired to buy the kindle version as well so I could just have it on my phone. What a fantastic way to combine a great day's exercise with interesting sights and some local history. We can't recommend it more.

Sure you can take a bus tour and see Los Angeles but if you really want to explore this amazing city, this is THE book! With excellent maps and easy to follow directions this book is a breeze to use. Each walk will guide you past many interesting sites while providing fascinating anecdotes and facts. LA is huge but this book has several great walks for pretty much every part of town. Photographers! This is a great book for you too! Almost every walk is loaded with great photo-ops! The landscapes, the art, the architecture. Whether you're a serious photographer with

your DSLR or you just like to blast away with your camera-phone, you will come back with a ton of great shots. Fun for the whole family! I've taken my 8-year-old daughter on several of these walks. We have a great adventure every time! There's always great picnic spots or interesting restaurants to try! And sometimes there are great little parks to play in as well â " like Grand Park LA! Everyone could use a little more exercise. So why pound away in a gym? Get this book, get outside and go for an awesome 10,000 step walk!

This is the best book ever!! I bought the Kindle edition. Each week my husband and I get excited picking our next walk in L.A. There are enough walks in this book to complete one a week for the entire year. The best part is that I have grown up in L.A., but did not know half of these things existed! I tell my friends about our walks, and they all want to go with me on my next "adventure". The best part is that these walks are completely free, fun and amazing exercise!! BUY THIS BOOK!! My husband and I LOVE IT!!!! Great buy for sure.

I have lived in LA for 25 years but this book enlightened me to so many cool walking trips that I did not know about. I've taken my dog, Monkey, on a number of them, and she also gets a kick out of discovering a lot of new places. If you find walking boring, then this book will change your mind. Not only does Haddad give readers a walking history of Los Angeles, he also provides information on a number of cool eateries along the routes. After all, it's always good to reward oneself after walking 10,000 steps.

I was so excited to get this book and explore LA. I especially loved the idea of Fido Friendly walks. I was extremely disappointed on my first walk in the South Bay- Pier to Pier. The book lists it as Fido Friendly and says to begin on the Hermosa Beach Pier. The pier says "No animals on or off leash." I wish the author had done his research, I wouldn't have done the one hour drive and paid for parking only to have to stop before we begin because our dog can't be on the pier. Dogs are also not allowed on the Redondo Beach Pier. I don't trust this book for walks that are farther from my home, since it would be awful to drive someplace and find out my dog isn't allowed.

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