



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

Paul Haddad

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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!

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