



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

By 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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Editorial Review

Review

"Fifty-two terrific walks around the greater L.A. area... It's really fun, and very well done." --Larry Mantle, AirTalk, KPCC 89.3 FM

"Walking 10,000 steps a day—roughly five miles—is a popular health mantra that Paul Haddad married with the idea of exploring unfamiliar parts of the Southland in his book, 10,000 Steps a Day in L.A." —Arin Mikailian, Glendale News-Press

"Los Angeles is the perfect place to walk and Angelenos are embracing it. Realtors tout walkability indexes. Road diets are making biking and walking easier. Pedestrians are being given priority in city planning. And finally, our weather is second to none. The book charts out 52 easy walks you can take—one for each weekend of the year." —Nancy Cruz, KTLA-5 News

"In his book, 10,000 Steps a Day in L.A., Paul Haddad does something pretty special: he gives you 52 walking adventures and he introduces you to hidden Los Angeles—those places that you drive by, fly over, and otherwise don't even realize they are there. You can strap on your FitBit (or other apparatus of choice) and get out and explore. . . . Going through the different tours, I found a few that I put on the top of my list of family outings." —This Talk Ain't Cheap blog

"Beyond burning calories, each walk is a cultural call of 52 area locations." —Lori Corbin, ABC-7 News

From the Back Cover

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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
- * Ideal picnic spots
- * 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!

About the Author

Paul Haddad has contributed essays about Los Angeles to the *L.A. Times*, *L.A. Observed* and the *Huffington*

Post. He is the author of *High Fives, Pennant Drives, and Fernandomania: A Fan's History of the Los Angeles Dodgers Glory Years 1977–1981*. It was chosen as one of the top baseball books of 2012 by the *Los Angeles Daily News* and earned praise from the *L.A. Times*, Fox News, NBC News, Yahoo!, ESPN Radio, and CBS Radio. When he is not writing books, he works in Los Angeles as a television writer and executive producer.

Users Review

From reader reviews:

Elaine Bell:

Do you one of people who can't read satisfying if the sentence chained within the straightway, hold on guys this specific aren't like that. This 10,000 Steps a Day in L.A.: 52 Walking Adventures book is readable simply by you who hate those straight word style. You will find the information here are arrange for enjoyable examining experience without leaving actually decrease the knowledge that want to provide to you. The writer associated with 10,000 Steps a Day in L.A.: 52 Walking Adventures content conveys prospect easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different such as it. So , do you even now thinking 10,000 Steps a Day in L.A.: 52 Walking Adventures is not loveable to be your top collection reading book?

Lily Tarver:

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Lorraine Vargas:

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book that recommended for your requirements is 10,000 Steps a Day in L.A.: 52 Walking Adventures this publication consist a lot of the information in the condition of this world now. This specific book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The actual writer made some research when he makes this book. Honestly, that is why this book appropriate all of you.

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