

Bring The Kids & Strollers

THESE PATHS ARE PAVED, FLAT, AND LOADED WITH FUN THINGS FOR KIDS TO LOOK AT.

1. BALBOA PARK TRAIL #4

4.1 miles * EASY

Start at Sixth Avenue and Upas Street and follow the orange square #2 trail markers.

This flat and paved path heads away from traffic and will take you and your tots over the Cabrillo Bridge and past museums, the fountain, and up to the edge of the zoo. The paths can be crowded, especially on weekends, so if you're looking to cruise, try walking at off hours.

2. AROUND CORONADO ISLAND

6 miles * EASY

Start from Tidelands Park and trace the path that borders the island, passing under the Coronado Bridge as you make your way back.

Who knew you could run around the entire perimeter of Coronado (at least the part that's not occupied by the Navy base) in just six miles? This route passes iconic SD sights along the way, including the Hotel Del Coronado, the ferry landing, and the path under the Coronado Bridge. It follows alternating paved paths away from traffic and slow streets with wide sidewalks.

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3. LIBERTY STATION TO HARBOR ISLAND

7.7 miles * EASY

Beginning on the esplanade behind Corvette Diner in Liberty Station, run south and cross the pedestrian bridge over the boat channel, along Harbor Drive and onto Harbor Island.

This run only crosses one intersection and follows wide sidewalks and paths. The flat and paved terrain makes it easy for stroller pushing, and the lack of traffic keeps it safe. The harbor and the bridge over the boat channel will entertain your kids, too. Rachel Laing, Mayor Jerry Sanders' deputy press secretary, counts this run as one of her favorites.

4. INSIDE TRACK AROUND MISSION BAY

11.3 miles * EASY

Start anywhere along the path that traces Mission Bay—the Santa Clara Recreation Center has parking lots—and run in either direction as far as you'd like.

This scenic run follows a wide path away from traffic, with views of Mission Bay's boaters, stand-up paddleboarders, and beachgoers. While the boardwalk on the ocean side of the bay is usually crowded with people, the inner track is mostly clear and open.