

SAN DIEGO ACTIVE

Start Here

If you're a runner with zero experience, these trails are short, flat, and well maintained, just like a good crew cut.

1. BALBOA PARK TRAIL #1

1.5 miles * EASY

Start at Sixth Avenue and Upas Street and follow the #1 green circle markers.

This trail stays away from the busier areas of Balboa Park, so new runners can get their workouts in away from the curious eyes of tourists. If you're feeling ambitious, you can extend your run about a mile by tracing the loop south of Laurel Street.

2. LAKE MIRAMAR

4.9 miles * EASY

Follow the path around Lake Miramar, starting and ending at the parking lot off Scripps Lake Drive.

Like to count down how far you have left to run? (And really, who doesn't?) This path offers markers every quarter mile for just that purpose. The lake makes for a picturesque view. There are usually plenty of other runners, walkers, bikers, and stroller-pushers along the path, so you'll be in good company.

3. GRASSLANDS LOOP

1.75 miles * EASY

Off Mission Gorge Road on the Father Junipero Serra Trail in Mission Trails Regional Park.

For a beginner's attempt at trail running (not on paved roads or paths), the Grassland Loop provides a friendly welcome. The wide trail only has a few small hills and provides a smooth—not rocky—running path. Take in the rolling green hills and pretty wildflowers as you run..