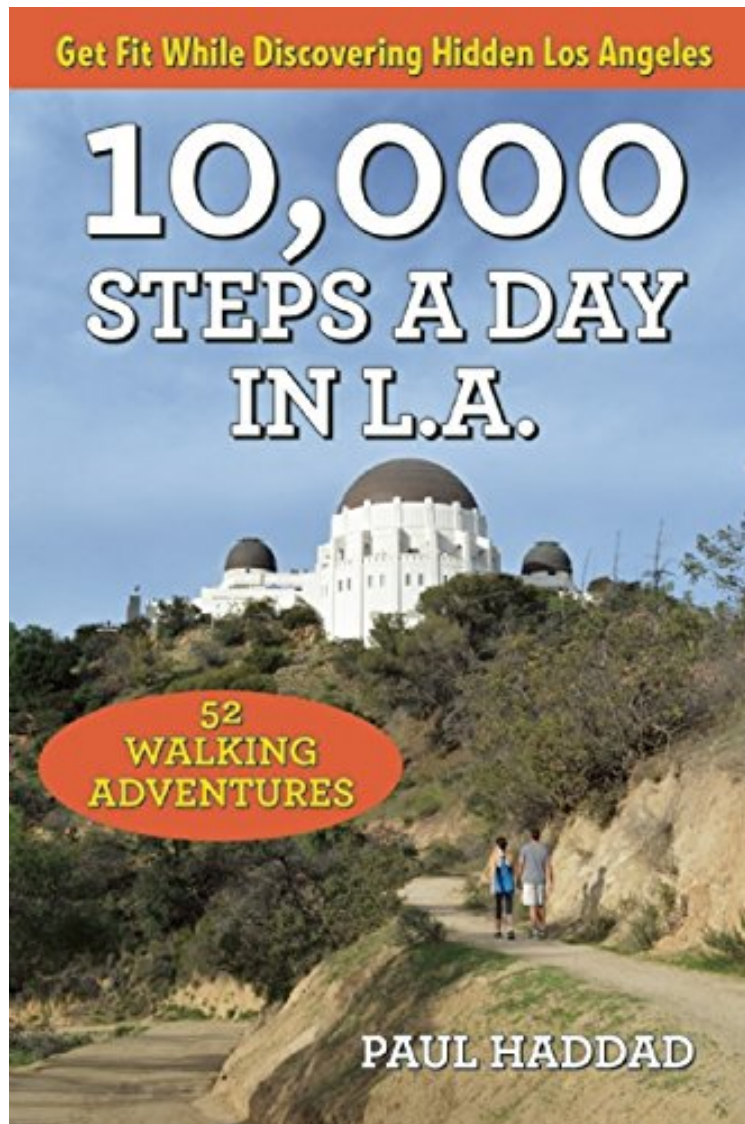


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10,000 Steps a Day in L.A.: 52 Walking Adventures

Paul Haddad

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#374274 in Books 2015-09-15 Original language: English PDF # 1 8.90 x .80 x 5.90l, .0 #File Name: 1595800840336 pages | File size: 43.Mb

Paul Haddad : 10,000 Steps a Day in L.A.: 52 Walking Adventures before purchasing it in order to gage whether or not it would be worth my time, and all praised 10,000 Steps a Day in L.A.: 52 Walking Adventures:

3 of 3 people found the following review helpful. (I like the details of the walk to be something of ...By Beverly ArcherI 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.

1 of 1 people found the following review helpful. This is the ULTIMATE guide book to LA!! By Customer 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 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!

0 of 0 people found the following review helpful. Such a fun book! By Customer This book is a must own for anyone living in Los Angeles who loves the history of the city and loves to be outside. Not to mention, it gave me one of my favorite memories ever. My college roommate and I have an ongoing competition to one up each other every Christmas. Not the most expensive gift, but a gift that will show how well we really know each other. I moved to LA a few years ago, and luckily enough my old roommate moved out here as well just last year. He is a very outdoorsy guy and he loves taking walks. He is from NYC originally and is always talking about how the city used to be. I found this book in a book store around the holidays and while flipping through it I couldn't put it down. I knew it would be the perfect gift for my friend. I gave him the book and got a text from him later that said "you win, this actually the perfect gift for me. Competition over." Slowly but surely he has been checking off all the walks in the book. He said his only regret is he is finishing it so fast. To top it all off, his gf loves doing them with him, and last month, at the end of one of their walks, he proposed! There are adventures all over the city for people with all kinds of tastes. I promise if you like to experience new things pick this book up right now. Not only will you love the journeys it takes you on, but also it will motivate to forge new paths yourself! Happy hiking!

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!

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 Aint Cheap blog Beyond burning calories, each walk is a cultural wakeup call of 52 area locations. Lori Corbin, ABC7 News