

Number of calories a 150-pound person burns walking at a moderate pace (3 mph):

Time	Distance	Calories Burned
10 minutes	0.5 miles	44
20 minutes	1 miles	88
30 minutes	1.5 miles	132
40 minutes	2 miles	176
50 minutes	2.5 miles	219
60 minutes	3 miles	263

If you are middle-aged or older and have not been physically active, check with your doctor before beginning a vigorous exercise program.

Ventura Road Route Along Navy Base



Start at the Orvene S. Carpenter Community Center located at 550 Park Avenue. Walk one block west on the Park Avenue sidewalk and turn left onto the Ventura Road sidewalk. Walk south past the Port City Plaza Shopping Center and cross Ventura Road at the Pleasant Valley Road light/crosswalk. Turn right and walk north on the Ventura Road sidewalk to Channel Islands Boulevard passing along the edge of the Naval Base Ventura County, the eucalyptus tree windbreak, the Bard Mansion/Bard Road Gate, and the Sunkist Gate/Navy Museum site. At Channel Islands Boulevard, turn right and walk across Ventura Road at the light/crosswalk. Turn right again and return down the other side of Ventura Road on the sidewalk returning back to the point of beginning on Park Avenue. Distance of round trip route is approximately 2 1/2 miles.



Bubbling Springs Recreational Corridor



Start at the corner of Bard Road and "J" Street. Begin by walking west on the Bard Road sidewalk one block and turn south onto the Bubbling Springs Recreational Corridor. Continue past the baseball fields alongside the Bubbling Springs Waterway on the concrete bike/pedestrian path past the Orvene S. Carpenter Community Center and Ray D. Prueter Library. Continue south and cross Pleasant Valley Road using the Ventura Road crosswalk. Continue south on the concrete bike/pedestrian path across Clara Street, Joyce Drive, Hueneme Road, and Moranda Park ending at Hueneme Beach Park. One-way distance of route is over 1 1/2 miles.

This project was developed by the City of Port Hueneme Recreation & Fine Arts Commission to promote health and wellness for the entire community.

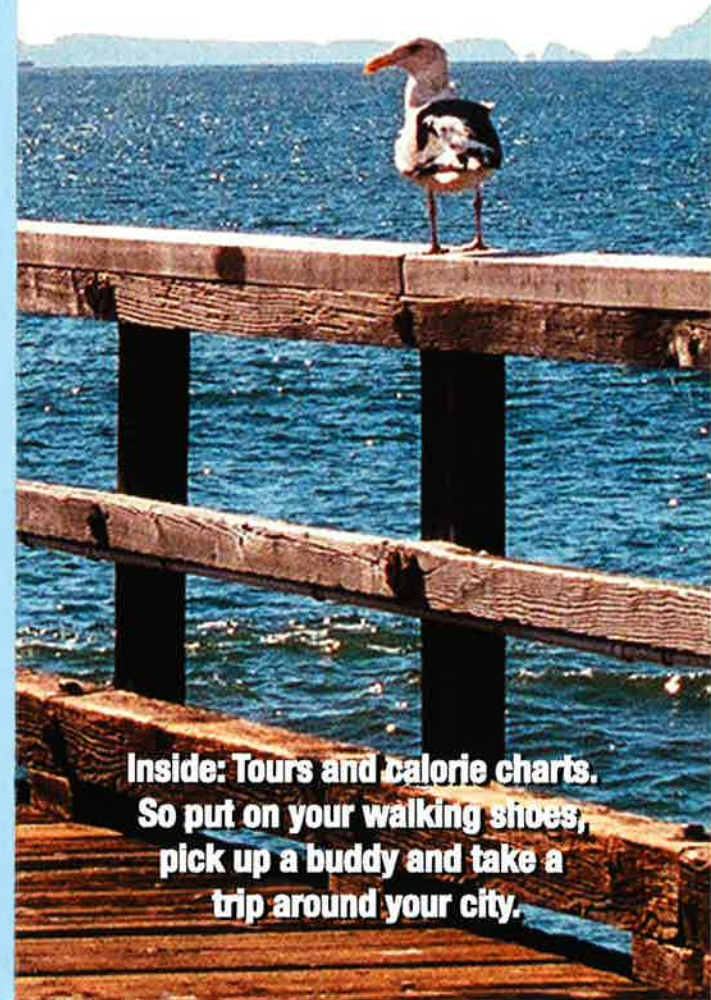
For more information phone (805) 986-6542 or Visit the City of Port Hueneme Web Site at <http://www.ci.port-hueneme.ca.us>



City of Port Hueneme
 Department of Recreation & Community Services
 250 North Ventura Road, Port Hueneme, CA 93021

Walk Hueneme

Have fun, get to know your city and be good to your heart!



Inside: Tours and calorie charts. So put on your walking shoes, pick up a buddy and take a trip around your city.



The Health Benefits of Walking

Walking is good for your heart. A recent Harvard study shows that walking at a moderate pace (3 mph) for up to three hours a week — or 30 minutes a day — can cut the risk of

heart disease in women by as much as 40%. This is the same benefit you would get from aerobics, jogging or other vigorous exercise. The benefits to men are comparable.

Along with its benefits to the heart, walking:

- ◆ Improves circulation
- ◆ Helps breathing
- ◆ Combats depression
- ◆ Bolsters the immune system
- ◆ Helps prevent osteoporosis
- ◆ Helps prevent and control diabetes
- ◆ Helps control weight

Around Moranda Park Softball Field



Start at Moranda Park located at 200 Moranda Parkway. Walk around softball fields on the dirt track. Distance around the loop route is 1/4 of a mile. Optional addition, walk over the Bubbling Springs Creek Pedestrian Bridge (northeast corner of softball outfields) and continue south down the Bubbling Springs Recreational Corridor concrete walkway to Hueneme Beach Park Gazebo. One-way distance of additional route is approximately 1/3 of a mile.

Bolker Park Route



Start at Bolker Park parking lot located on the corner of Bolker and Sharon Drive. Walk around Bolker Park on the concrete walkway. Distance around the loop route is approximately 1/2 mile.

Beach Lighthouse Promenade



Start at the terminus of Oceanview Drive in Beach Parking Lot "C" at the easternmost end of Hueneme Beach Park (Note: Lot "C" is paid parking). Walk up the coast towards the harbor on the shoreline concrete walkway passing the Sundial Memorial (in honor of Flight 261) and the Port Hueneme Pier. Continue walking west to the rock revetment passing the Hueneme Wharf Plaza (Note: at this point the walk transitions from concrete to a dirt/gravel trail at back of the shoreline revetment where you will approach the lighthouse and the end of the trail at the Port of Hueneme entry channel/jetties. One-way route is approximately 1 1/3 of a mile.

Surfside Village Loop



Cross Hueneme Road south and continue walking on the concrete walkway towards the beach on Surfside Drive. Cross Surfside Drive to Hueneme Beach Park at the Hueneme Wharf Plaza. Turn left and continue walking downcoast on the concrete walkway pass the Ventura Road Flag Plaza, Hueneme Pier, and the Sundial Memorial (in honor of Flight 261). Continue on the concrete walkway and loop around Parking Lot "C" walking inland between the Surfside II and III condominiums along the Bubbling Springs Channel and cross Surfside Drive near the Beach Gazebo. Continue walking north across the pedestrian bridge near the Oceanview Pavilion alongside the Bubbling Springs concrete bike/pedestrian path to the Moranda Park pedestrian bridge. Cross the bridge and continue walking westward (Note: at this point the walk transitions from concrete to a dirt track at back of the softball outfields where you will approach the Moranda Park parking lot and Tennis Courts transitioning back to concrete walkways.) Follow the concrete walkways around the parking lot and through the Surfside Single Family Subdivision where it daylights at the Ventura/Hueneme Road intersection. Cross Ventura Road west and Hueneme Road north and follow the concrete pedestrian colonnade through Beachport Shopping Center back to the point of origin at the Museum. The round-trip distance of route is just over 2 miles.

"I've been through every diet under the sun, and I can tell you that getting up, getting out, and walking is always the first goal."
Oprah Winfrey