



Paul Haddad, author of “10,000 Steps a Day in L.A.,” in Elysian Park. (Mary Forgione / Los Angeles Times)

**1. Switch up your neighborhood walk.** I love it when someone takes me on their favorite L.A. walk. It gives me a chance to learn a route that's guided by their personal passions. Paul Haddad gathered 57 of his faves — some in pretty places, some on gritty streets — in the latest edition of his book [“10,000 Steps a Day in L.A.”](#)

Haddad mines what he calls “little treasures” on each route he writes about, all the while keeping you on track with your fitness goals. The walks are mostly flat and may make for good scavenger hunts for kids (Who can find the Rattlesnake Wall in Studio City or the Helmsman statue in Marina del Rey?). And they're original, created mostly by his meanderings.

“I believe there's no greater walkable metropolis than Los Angeles,” Haddad writes in the book. That's a bold statement given Southern California's car-centric rep. But I agree. The Mediterranean climate and topography — equal parts mountains and coastline — make it foot-friendly any time of the year. I recently met with the author for a ramble in Elysian Park West (Walk 7) and discovered landmarks I never knew existed. [Here's what happened.](#)

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