Walking maps for Yigo, Dededo, Agat, Agana Heights, Hagåtña, Sinjana, Santa Rita, Talofofo, and UOG

VERSION 1
Table of Contents

Northern Guam ................................................................. 1
Central Guam ...................................................................... 4
Southern Guam .................................................................. 12
University of Guam ............................................................ 14
Walking Log ........................................................................ 15

Introduction

The first version of the Guam Walk-A-Mile map booklet is made available to you through “The Million Step Village Challenge” pilot program. This pilot program is a 3-week walking competition between participating villages: Sinajana/Agana Heights, Agat/Santa Rita, Talofofo, and Yigo. Participants are provided pedometers at no cost to monitor step count that will be logged weekly at the village gatherings for the Let’s Talk and Let’s Walk component of the program. The village to reach one million steps, collectively, will receive signage for the walking area and other rewards. “The Million Step Village Challenge” is a pilot program that will expand to more villages and be sustained by participating village mayors with the following objectives:

1. Improve the physical environment to provide greater availability and accessibility for all individuals to become physically active.

2. Increase the number of minutes that individuals are physically active

3. Improve the knowledge and ability for individuals to make sound lifestyle choices and decrease their risk for chronic diseases (cancer, heart disease, diabetes, stroke), to include regular screening, education, and prevention.

4. Provide motivation, incentive, camaraderie, and competition that will help sustain the desire for physical activity to become part of a daily routine for the entire community.

Multiple versions of the Guam Walk-A-Mile map project will be made available soon in participating village Mayors’ offices, as well as, a downloadable version at cnas-re.uog.edu by the UOG EFNEP and SNAP-Ed programs.
Ironwood Estates Route

Distance: 1.0 miles  
Difficulty: Easy  
Trail Type: Residential Road

This pleasant Dededo walking course is in the Ironwood Estates neighborhood.

Starting at the community center, follow the arrows into the entry gate and make the first left. Follow this road around the housing development.

When you reach the mailboxes right before you return to the community center, you will have walked one mile.

Yigo Fire Station Route

Distance: 1.2 miles  
Difficulty: Easy  
Trail Type: Road

Start at fire station and keep walking until you reach the first right turn. Then head back to where you started.

This area is not lit at night and there is no side walk. The walking path is on the road; however, road is not busy.
NORTHERN GUAM WALKING TRAILS

Yigo School Trail

Distance: 1.0 miles
Difficulty: Moderate
Trail Type: Road

Start at baseball field to and from far end of DL Perez Elementary School.

Route has few sidewalks. Some areas you share the road with cars.

CENTRAL GUAM WALKING TRAILS

Agat Trail

Distance: 1.0 miles
Difficulty: Easy
Trail Type: Grass Paths & Sidewalks

Start at the Community Recreation Center and walk the perimeter of the Marcial Sablan Elementary School and the Mt.Carmel private school. This walk is a one-mile loop and you will finish where you started with no backtracking.

This path has walkable grass paths and paved sidewalks. A few stray dogs may be encountered; however, dogs seem to be used to people and tame.
Santa Rita Hyundai Trail
Distance: 1.0 miles
Difficulty: Easy
Trail Type: Sidewalk

Start at the first bus stop when you enter the subdivision. Take a left on Lemai, right on Aga Dr., and a right on Talisay Dr. to make a loop around the neighborhood and return to the bus stop.

This route has paved side walks throughout the subdivision. Home owners own dogs that are tied and/or behind gated areas.

Hagåtña Beachfront Route
Distance: 1.0 miles
Difficulty: Easy
Trail Type: Sidewalk

This scenic walk begins at Alupang Beach Tower in Hagåtña. Enjoy viewing the beautiful beaches and clear waters of Agana Bay as you head South along Marine Corps Drive. Keep going until you arrive at the second beach pavilion on your right. Then, turn around and head back the way you came. When you return to Alupang Beach Tower, you will have completed one mile of walking.
Sinjana Ball Park Course

Distance: 1.0 miles
Difficulty: Easy
Trail Type: Sidewalk

Start at St. Jude Thadeus Catholic Church and proceed to the Sinjana baseball park to Calle Angel Flores Rd. Take a left on Fadang Court, then take the next left on East Chalan Guma Yuus back to the Church.

Sinjana Loop

Distance: 1.0 miles
Difficulty: Easy
Trail Type: Sidewalk

Start at PayLess and take a left to get to Calle Angel Flores. Take another left on Chalan Canton Tutujan to head back to PayLess.
CENTRAL GUAM WALKING TRAILS

Agana Heights Hill Path

Distance: 1.0 miles  
Difficulty: Moderate/Intense  
Trail Type: Sidewalk

Start at Fort Apugan and walk down San Ramon hill past the Governor’s House to the end of Latte Stone Park (0.5 mile). Head back to Fort Apugan for remainder of mile (0.5).

This path has sidewalk and a large hill. This would be considered a moderate to intense path for advanced walkers.

Agana Heights 2

Distance: 0.5 miles  
Difficulty: Easy  
Trail Type: Sidewalk/Grassy Trail

Start at the Mayor’s office. Head to Vicente Solomon Dr via Agana Heights Elementary school and back to the Mayors going around the baseball field and gym twice to get a mile!

There are sidewalks on some parts of the path, but there are also grassy areas to proceed on path.
CENTRAL GUAM WALKING TRAILS

Agana Heights Loop

Distance: 1.0 miles
Difficulty: Easy
Trail Type: Grassy Path

Start at the top of Vicente Solomon Dr. (same side as Agana Heights Elementary) and head to Simply Foods by passing Nana Store. Take the road back to the baseball field via Cliff Hotel.

This path has a hill mid-way which will be uphill if you go from Simply Foods to Baseball Field via Cliff Hotel (downhill if you start from baseball field and head to Simply Foods). Only grassy paths ways on this walk!

SOUTHERN GUAM WALKING TRAILS

Talofofo Baseball Field Loop

Distance: 0.2 miles
Difficulty: Easy
Trail Type: Grass Path / Road

Start at the Gym (closest to the elementary school) and circle the Talofofo Baseball Field. Loop around the field 5 times for a complete mile.

This route is lit at night.
SOUTHERN GUAM WALKING TRAILS

Talofofo Out-and-Back

Distance: 1.0 miles
Difficulty: Easy
Trail Type: Sidewalk

Start at San Miguel Church and walk to and from the stop sign at Cabrera street. This route is 0.5 mile each way.

This route is a grass path. Proceed with caution as this is the main road into village and there is some traffic.

UNIVERSITY OF GUAM WALKING TRAILS

UOG Triton Loop

Distance: 1.0 or 1.4 miles
Difficulty: Easy
Trail Type: Sidewalk/ Residential Road

Starting at the Agriculture and Life Sciences Building at the University of Guam, follow the sidewalk around the perimeter of the campus, taking College Lane to head back to University Drive.

When you reach Dean’s Circle, you may go straight to walk a distance of one mile, or you may turn right and walk around the loop to increase your distance to 1.4 miles.
## Walking Log

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>DATE</th>
<th>ROUTE DISTANCE</th>
<th># OF CIRCUITS</th>
<th>TOTAL DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>DATE</th>
<th>ROUTE DISTANCE</th>
<th># OF CIRCUITS</th>
<th>TOTAL DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 471-7316 or 735-2030. This institution is an equal opportunity provider and employer.