

# COMMUNITY AMENITIES

## LOCAL BUSINESSES\*

- 1 Expo Flea Market  
*Discover hidden treasures every weekend at the state's oldest and largest open market.*
- 2 May Cafe
- 3 Banh Mi Coda
- 4 The Cooperage
- 5 Que Huong
- 6 Cervantes Restaurant & Lounge
- 7 Talin Market Food Trucks
- 8 Baggin's Gourmet Sandwiches
- 9 Pollito con Papas
- 10 Talin World Market  
*New Mexico's largest international food grocer, with authentic, high quality ingredients from around the world.*
- 11 El Mezquite Market  
*Mexican grocery with fresh produce, full service butcher, and taqueria.*
- 12 Giovanni's Pizzeria
- 13 G&H Oriental Market
- 14 Musical Theatre Southwest
- 15 Sichler Farm Store

## COMMUNITY SERVICES

- 16 UNM-Southeast Heights Clinic
- 17 Albuquerque GED
- 18 First Nation Community Health Source
- 19 Reading Works
- 20 ABQ Health Partners
- 21 US Post Office
- 22 Young Children's Health Center
- 23 East Central Ministries

## NEIGHBORHOOD ASSETS

- 24 Van Buren Middle School
- 25 Phil Chacon Park  
*Park includes several attractions including a prescription trail, basketball courts, the Cesar Chavez Community Center, and a sports field.*
- 26 Fox Memorial Park
- 27 Wilson Middle School
- 28 Trumbull Park
- 29 Emerson Elementary School
- 30 Cesar Chavez Community Center  
*Center has a gymnasium, weight room, ceramics room, computer lab, game room, and water park.*
- 31 Wilson Park
- 32 New Mexico Veterans Memorial  
*A 25 acre memorial honoring veterans with public art, amphitheater, and events.*
- 33 La Mesa Elementary School
- 34 Mesa Verde Park  
*Park includes community center, prescription trail, and basketball courts.*
- 35 San Pedro Library
- 36 Bullhead Park
- 37 Highland Swimming Pool
- 38 Trumbull Childrens Park
- 39 Tingley Coliseum
- 40 Jack and Jill Park
- 41 John Carrillo Park
- 42 Community Garden
- 43 Community Story Garden

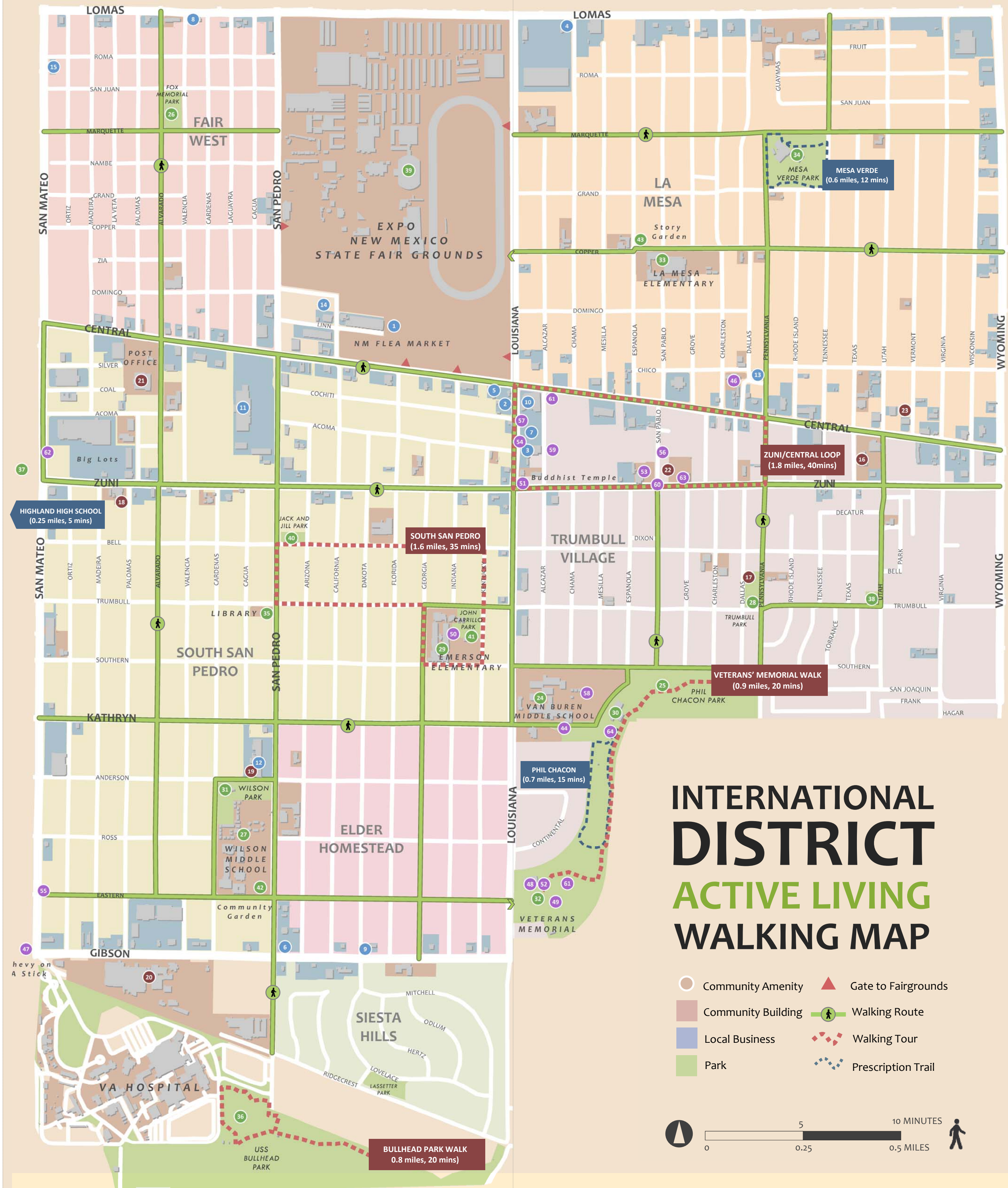
## PUBLIC ART & LANDMARKS

- 44 There are over 20 public art installations in the International District. Take an art walk today.
- 64

\* This list includes only a small subset of local businesses in the South Valley to highlight the variety of restaurants and retail locations in each neighborhood.

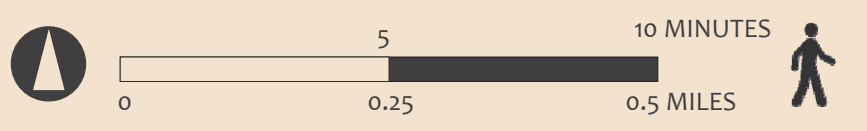


Created by MR COG as part of the Healthy Here: Communities Leading Healthy Change, July 2015. Funding for this material was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed do not necessarily reflect official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



# INTERNATIONAL DISTRICT ACTIVE LIVING WALKING MAP

- Community Amenity
- ▲ Gate to Fairgrounds
- Community Building
- Walking Route
- Local Business
- Walking Tour
- Park
- Prescription Trail





# INTERNATIONAL DISTRICT

## ACTIVE LIVING WALKING MAP

### PRESCRIPTION TRAILS

Prescription Trails are suggested walking and wheelchair accessible trails that are designed to promote healthy lifestyles. Taking a walk along a prescription trail on a regular basis can help with the treatment and prevention of a number of chronic conditions such as diabetes, depression, and high blood pressure. In addition, using the prescription trails in the International District will give you an opportunity to explore some of the District's parks, schools, community centers, local businesses, and other assets—not to mention the area's diverse cultures. Additional walking trails may be found at [prescriptiontrails.org](http://prescriptiontrails.org)

#### PHIL CHACON PARK

Start your walk at the sculpture and go south. Go past the soccer field, turn right and return along the park boundary. Additional paths go south to New Mexico Veterans Memorial Park.

**DISTANCE:** 0.6 miles  
**DIFFICULTY:** Grade 2: minor grade changes  
**STEPS:** 1270  
**CALORIES:** 60  
**TRAIL SURFACE:** 4-8 foot wide asphalt and packed gravel  
**ATTRACTIONS:** Sports fields, tree lined pathways, Public Art sculpture, good visibility of other park users

#### MESA VERDE PARK

Start your walk at the handicap accessible parking lot. Wheelchair accessible ramps are also located at street corners near the park.

**DISTANCE:** 0.5 miles  
**DIFFICULTY:** Grade 1: flat, paved walkway.  
**STEPS:** 1050  
**CALORIES:** 50  
**TRAIL SURFACE:** 4 foot wide concrete sidewalk  
**ATTRACTIONS:** Basketball and tennis courts, playground, picnic tables, benches, lots of daytime activity

#### HIGHLAND HIGH SCHOOL

There are many regular walkers on the this track, including students from Highland. You may want to avoid use during school hours and consider other trails after school hours and on weekends.

**DISTANCE:** 0.25 miles per lap  
**DIFFICULTY:** Grade 1: flat, paved walkway.  
**STEPS:** 528  
**CALORIES:** 25 per lap  
**TRAIL SURFACE:** cushioned track surface  
**ATTRACTIONS:** Highland High School fields, Highland pool



Talin Market - Chinese New Year



East Central Mosaic at San Pablo and Zuni



International District Pillars - Zuni Road

### WALKING ROUTES

As residents know, and visitors discover, the International District is like no other place in Albuquerque. Home to a diverse population of residents from around the world, the District supports a wide variety of ethnic restaurants, shops, and local businesses. The neighborhoods that make up the District each include a number of amenities to walk to including parks, community centers, public art, local organizations, monthly events, and more.

To start walking in the International District try one of these walking routes or create your own! And if you need motivation to start walking, just think: you'll get to discover your neighborhood, see local sights, enjoy the weather, get some fresh air, meet your neighbors, walk your dog, talk to a friend, relax, develop peace of mind, appreciate the smaller things, burn extra calories, improve your health, feel good about yourself, inspire others, and encounter new places.

Take a walk and rediscover the International District today!

#### SOUTH SAN PEDRO

Take a walk through the South San Pedro Neighborhood. Start at Jack and Jill Park, and walk south along San Pedro to the San Pedro Library. Then walk east along Trumbull to Emerson Elementary.

**DISTANCE:** 1.6 miles  
**TIME:** 35 minutes  
**ATTRACTIONS:**

- 40 Jack and Jill Park
- 35 San Pedro Library
- 29 Emerson Elementary School
- 41 John Carrillo Park

#### VETERANS' MEMORIAL WALK

Start at the New Mexico Veterans' Memorial and enjoy the public art and gardens. Continue north through Phil Chacon Park, passing by the Cesar Chavez Community Center and Van Buren Middle School. Check out the public art along the way.

**DISTANCE:** 0.9 miles  
**TIME:** 20 minutes  
**ATTRACTIONS:**

- 32 NM Veterans Memorial
- 25 Phil Chacon Park
- 30 Cesar Chavez Community Center
- 44-64 Public Art

#### ZUNI/CENTRAL LOOP

Take a walk along Zuni Road and Central Ave and visit local businesses, including Talin Market, food trucks, the Buddhist Center, and local churches.

**DISTANCE:** 1.8 miles  
**TIME:** 40 minutes  
**ATTRACTIONS:**

- 10 Talin Market
- 7 Food Trucks
- 2 May Café
- 51 Buddhist Center
- 44-64 Public Art

#### BULLHEAD PARK WALK

A 44 acre park with sports fields, playgrounds, barbeque grills, and picnic tables. There are a lot of trails/routes to enjoy in the park, and the one designated leads from the parking lot past the existing baseball fields.

**DISTANCE:** 0.8 miles  
**TIME:** 20 minutes  
**ATTRACTIONS:**

- 36 Bullhead Park, VA Hospital