

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

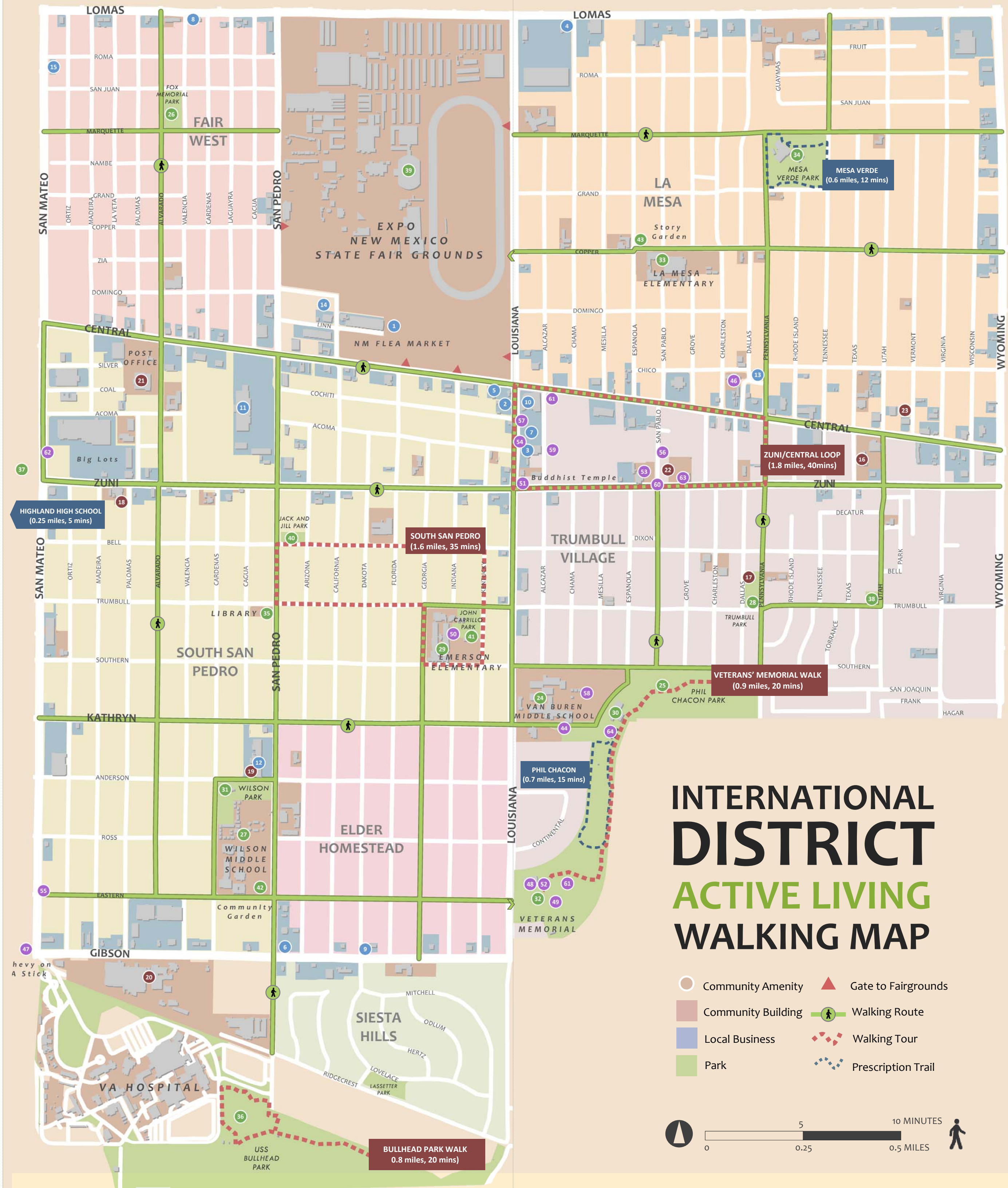
PUBLIC ART & LANDMARKS

- 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.

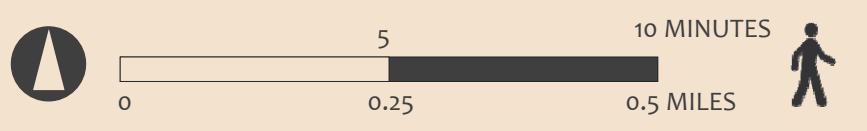


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INTERNATIONAL DISTRICT ACTIVE LIVING WALKING MAP

- 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

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

COMMUNITY AMENITIES

LOCAL BUSINESSES*

- 1 Taqueria El Paisa
- 2 Sabroso Foods
- 3 P B & J Family Services Inc
- 4 Pupuseria Y Restaurant Salvadoreno
- 5 Little Anita's Mexican Foods
- 6 4 A's Cafe
- 7 Armageddon Paintball Park
- 8 AirDance ArtSpace
- 9 Mushroom Music Store
- 10 Dolores New Mexico Chili
- 11 Coors Cafe
- 12 Friendly Crafts
- 13 Rio Grande Fruits & Vegetables

COMMUNITY SERVICES

- 14 SV Economic Development Center
- 15 South Valley Library
- 16 SV Multi-Purpose Senior Center
- 17 Erda Gardens and Learning Center
- 18 First Choice Community Health
- 19 Extra
- 20 La Plazita Institute
- 21 School On Wheels
- 22 South Valley Care Center
- 23 U.S. Immigration Support Center
- 24 US Post Office

NEIGHBORHOOD ASSETS

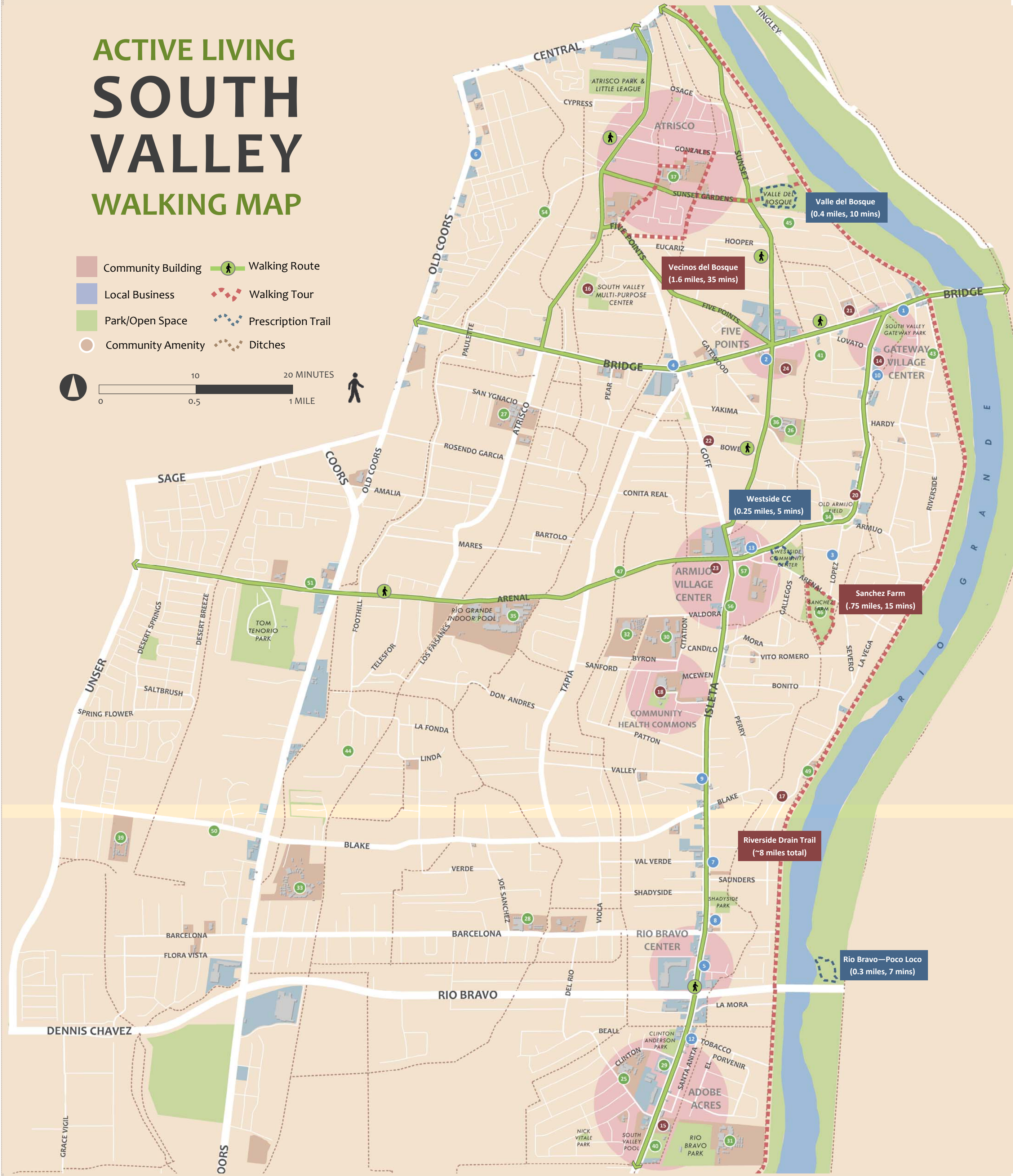
- 25 Adobe Acres Elementary School
- 26 Armijo Elementary
- 27 Atrisco Elementary
- 28 Barcelona Elementary School
- 29 El Camino Real Academy
- 30 Ernie Pyle Middle School
- 31 Harrison Middle School
- 32 Kit Carson Elementary School
- 33 Navajo Elementary School
- 34 Nuestros Valores Charter School
- 35 Rio Grande High School
- 36 South Valley Academy
- 37 Valle Vista Elementary
- 38 Atrisco Heritage Academy
- 39 Robert F Kennedy Charter School
- 40 South Valley Swimming Pool
- 41 Chispas Farm
- 42 Deluxe Valley Orchard
- 43 EcoStep Farm
- 44 Fern Anderson Farm
- 45 Red Tractor Farm
- 46 Sanchez Farm
- 47 Broken M Ranch
- 48 Old San Jose Church
- 49 Evangelico Cemetery
- 50 San Jose De Armijo Cemetery
- 51 Los Padillas Cemetery
- 52 Pajarito Cemetery
- 53 Santa Clara Cemetery
- 54 The New America School

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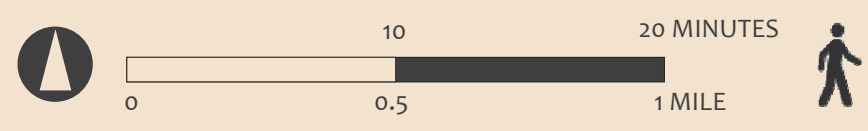


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ACTIVE LIVING SOUTH VALLEY WALKING MAP



■ Community Building ■ Walking Route
■ Local Business ■ Walking Tour
■ Park/Open Space ■ Prescription Trail
○ Community Amenity ■ Ditches



ACTIVE LIVING SOUTH VALLEY WALKING MAP

PRESCRIPTION TRAILS

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WESTSIDE COMMUNITY CENTER

Take a walk around the Westside Community Center. Enjoy the sports field and access to Isleta Ave.

DISTANCE: 0.25 miles

DIFFICULTY: Grade 2

STEPS: 530

TRAIL SURFACE: 5 foot wide packed dirt

ATTRACTIONS: shaded benches, picnic tables, playground, sports field, community center.

VALLE DEL BOSQUE

Located in a quiet neighborhood. Enjoy the sports fields, playgrounds and access to the nearby riverside drain trail.

DISTANCE: 0.4 miles

DIFFICULTY: Grade 2

STEPS: 845

TRAIL SURFACE: 10 foot wide concrete

ATTRACTIONS: sports fields, playground, access to Bosque and newly constructed riverside boardwalk.

RIO BRAVO OPEN SPACE

This quiet, shady trail loops under a canopy of cottonwoods in the Bosque and brings you within view of the Rio Grande. It also provides access to the paved trails along the Atrisco Riverside Drain and along Rio Bravo.

DISTANCE: 0.3 miles

DIFFICULTY: Grade 1

STEPS: 635

TRAIL SURFACE: 6 foot wide hard packed gravel
ATTRACTIONS: fully accessible fishing pier, picnic tables, access to other trails.



WALKING ROUTES

The South Valley is home to a rich cultural legacy that remains vibrant despite rapid changes in other parts of Albuquerque. The South Valley's strong identity can partly be seen in the Valley's small scale agriculture, community farms, extensive acequia network, open spaces, and traditional village centers. Although encompassing a large area, the South Valley is also one of the most rewarding places to explore on foot, with plenty of sights to see, amenities to visit, and history to uncover.

To start walking in the South Valley 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, **inspire others**, and encounter new places.

Take a walk and **rediscover** the South Valley today!

VECINOS DEL BOSQUE

The acequias in this area are fun to explore and have supported farms and gardens in the South Valley for generations. This trail follows two acequias and connects to Valle del Bosque Park and the Bosque Riverside Drain Trail.

DISTANCE: 1.6 miles

TIME: 35-40 minutes

ATTRACTIONS: Valle Vista Middle School, Valle del Bosque Park, Atrisco neighborhood.

SANCHEZ FARM WALK

Enjoy this open space with farm plots and wildlife. Enter the site at the pedestrian gate near the acequia. Public events are offered throughout the year.

DISTANCE: 0.75 miles

TIME: 15-20 minutes

ATTRACTIONS: Garden plots and an acequia, wetlands, shaded area.

ATRISCO RIVERSIDE DRAIN TRAIL

The riverside drain follows the west side of the Bosque from Central to Rio Bravo. There are connections along this route to several community assets including: Valle del Bosque Park, Bridge Blvd, several agriculture sites, and the Old San Jose Church. This is an interesting route if you want to explore the South Valley a bit more off the beaten path.

DISTANCE: 2-10 miles (different segments)

TIME: 30 minutes to several hours

ATTRACTIONS: Valle del Bosque park and boardwalk, Old San Jose Church, Bosque, river views, agriculture sites.