

Balboa Park Trails

1

South and Upas Gateways

0.6 mi.

SAMPLE TRAIL MARKER : All markers from this gateway have a blue background, with the center color to match the map below.

Trail	Color	Difficulty	Distance	Type	Description	Features	Icons
1	Green	Easy	1.5 miles	Level concrete walkways, easily accessible for all	Tree-lined walkway loops through the north end of the West Mesa area	Founders Plaza & Bowling Green	Information Center / Kiosk
2	Orange	Medium	4.1 miles	Mostly level with gradually sloping concrete walks & segments on roads	Best loop to see the world-renowned cluster of Museums & Gardens	Cabrillo Bridge, the Palisades, the Prado, Cascades Fountain & Zoo Entry	Restroom Facilities
3	Blue	Difficult	3.6 miles	2/3 concrete walkways & 1/3 sloping dirt trails with some steep slopes	Varied scenery & trail surfaces with some shade, but mostly in sunny locations	Cabrillo Bridge, the Prado, Museums, Gardens, and native areas of Florida Canyon	Accessible Restroom
4	Purple	Medium	5.4 miles	1/2 level concrete walkway (some slopes) & 1/2 roadway shoulders	Major elevational changes, some portions require running or walking against traffic on road shoulders	The Prado, Rose Garden, Desert Garden, Florida Canyon, Morley Field & Bird Park	Picnic Area
5	Red	Difficult	6.6 miles	1/4 concrete walkway, 1/4 asphalt road, 1/4 sloping dirt trails, 1/4 steep dirt trails	Experience the not-often-seen natural areas of the park, including pine & oak-covered trails	Marston Point, Cabrillo Bridge (over & under), Gold Gulch, and Marston Hills Canyon	Off Leash Dog Area
							Scenic View

