



Guidebook to the Inman 300

“The world’s first urban thru-hike”

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The Inman 300 – The way of the stairs across Los Angeles

What is the Inman 300?

We do not have an established trail across Los Angeles. Our best option is to weave together the walker's amenities described in the book *Finding Los Angeles by Foot*. Carve a footpath across the metropolis staying as much as possible on stairways, dirt trails, walkstreets and pedways. Check them off as you flow through the city as if you were walking the Camino de Santiago and each was stamped on your *credencial*. "The Way" of the stairs across Los Angeles has a name, the "Inman 300". It is known as the world's first urban thru-hike.

Which are the stairways?

These are the "stair streets" constructed through the years in hillside neighborhood that provide an "avenue" suitable to users on foot rather than on wheel. Some of them are over 100 years old and most were built in the 1920's & 30's before the area became so completely automotive centered. They are a unique part of the network of travel corridors in our system of municipal streets. Stairways that don't have the street-to-street functionality or that are found in civic and private building approaches lie outside our "collection". Stairways in parks are included if the park is incidental to the street to street function that the stairway provides. Each stairway ranges in number of steps from 10 to well over 200. There is a lot of variety in how they look and function.

Why not just walk across the city the shortest way and disregard these stairs?

Using the stairs as a set of waypoints to pass creates a unique way to experience our city, and they lend structure to an otherwise nebulous task. Follow the stairways and you capture much of the best that the LA metro area has to offer in neighborhood experience, diversity, vitality and visual beauty. You will gain a sense of the vastness of the place.

Is this a trail with signposts; a set route; a free form concept...?

"The Inman 300" is not a trail. It follows public streets (with and without sidewalks) interspaced by a set of stairways that the streets connect. There is no signage. Maybe someday we will have symbols along the way but in the context of the huge city that seems a ways off. This publication suggests a route you can follow using eleven sectional Google maps. Using this suggested route or your own, the stairways are the given: if you want to complete the Inman 300, you walk them all. You may change the direction of travel, the sequence, the streets and blocks to take to link those stairways as you like. There are some "rules" about doing this. Because route finding is a challenge to someone new to the Los Angeles hills, we think our suggested route will be your better bet for a good experience.

Follow our recommended route or create your own?

We encourage anyone to create their own route to do all or part of the Inman 300. There is an inherent flaw in the coverage offered in this handbook. We use the term "Inman 300" for the

baseline activity: to walk 350 stairways in a sequence that does not repeat itself. We also use the same term “Inman 300” for our optional suggested route of how to best accomplish this.

Heading off to catch all the stairways in a non-repeating sequence is comparable to hiking cross-country; you need to be mentally processing constantly. The stairways that we recognize are scattered in 36 zip codes. A non-stairway, all sidewalk route that simply visited each of those zips would be about 130 miles; capturing the stairways along the way adds 70% more distance. All the “misdirection” created by following the stairs is a big part of why you do it. Determining how it might be done can be an arduous and satisfying game. Perhaps you want to route yourself to be at your bedside at a certain hour. Perhaps you want to climb out of the basin and into the Santa Monica Mountains and you link the Hollywood Hills to the Pacific Coast. Our suggested route defaults to doing a stairway in the up direction if that choice doesn't add distance merely for the sake of going up. Perhaps, however, for safety you are running the stairs and want to go only upwards on the really long ones. Dan Koeppel plots his routes to honor all the big stairs by doing them in the up direction; that’s a philosophy behind his day-long, massive “Stair Trek”.

What sort of experience will you get to walk some or all of the Inman 300?

The Inman 300 has about the same length as the John Muir Trail. You might say that the similarities end there and be mostly correct. If you start with a mindset that a hike by definition signifies an experience in wild or unpopulated places, you will be slow to appreciate how beautiful and satisfying this walk can be. Our pedestrian stairways, bridges, urban trails and the sometimes very hilly lanes that connect them take the form of trails. Yes, nature will all be in an adapted state, but enjoyment of the vegetation, gardens, birdlife in their eco-structure will be a key benefit of your urban hike. Mountain and ocean, lonely lanes and busy street-life, murals and public art, great architecture and pure eclecticism, history and local culture: all these are part of the walking day. If time is not a constraint, you can turn the 300 into a sampler’s tray of specialty foods, shops and museums. Single day 2500-4500’ elevation gains are very possible and we estimate the complete route to have a 32,000’ elevation gain. The Inman 300 is a dynamic means to really get into the heart of what is great (and yes, sometimes what is challenged) about Los Angeles.

What does the “300” signify?

“300” was the expected number of stairways when we conceived the idea of this route and it has a nice sound even though the stairway count is now close to 350.

How long is this route?

A complete Inman 300 is about 220 miles by our suggested route.

220 miles! What are you doing, walking in circles?

Not really. This is the shortest route that we could take to pass all of our stair “touchstones” while doing as little backtracking as possible (which we consider “bad form”). In some areas around Silver Lake, Echo Park and North East LA the stairways are so numerous, our route needs to zig-zag to insure that none are missed.

Aren't you just slogging along next to traffic all the time?

Everyone knows how Los Angeles has been infamously built for the sake of the automobile. There is no secret passage through this much metro area that is going to allow you to escape cars. Our recommended route has to follow some of the major boulevards on and off for about 27% of its length and has to cross the routes of freeways thirty times. Nearly half of the route walks on narrow residential streets where passing cars are infrequent. 16% of the walking is done on the stairs themselves, on paved passages dedicated to only travel by foot or on dirt trail. It is not like the woods or a mountain ridgeline, but you will often you have the streets, trails and stairways to yourself when walking. At times you will go miles without encountering a traffic signal.

Is this a thru-hike or a section hike?

It can be either. It was conceived as a thru-hike. Liz "Snorkel" Thomas (read below) has brought this route recognition based on the idea where you take a week or two and walk it until it is done. However, just as on the great long trails in the US, an honorable and satisfactory approach is to knock off sections as time allows, sometimes not even in sequence. The Google maps drawn for the Inman 300 break it into eleven roughly 20-mile segments. These segments present eleven walking days for the strong walker that are manageable in length and transit accessibility. Ultra-fast walkers will find these portions too short; some will find 20-mile days too long.

Is Los Angeles urban hiking safe?

Perhaps the allure of passing by foot across the breadth of the city is that it just seems so improbable; the territory is so large and so antagonistic to walkers. The media would also like you to believe that the crossing is so fraught with peril to be akin to some sort of thrill sport.

Safe from "bad people"? The more interesting areas to walk are the older parts of the city. That often equates to poorer neighborhoods and unfortunate presumptions about crime. We are comfortable walking alone or with friends in daylight anywhere on the Inman 300 and in nighttime on most. This is an urban environment with sore spots as well as treasures, and travellers are advised to always be aware of their surroundings and to think about their safety. The segment description pages of this guide will note some sections that are best covered in daylight.

Safe from bad drivers? Walk with concern, e.g.: for the car that will roll through a stop sign without looking; for drivers distracted by the street layout or their devices. You need to take care.

Safe from what is underfoot? An LA urban hiker particularly needs to be careful walking on uneven surfaces; that ultimately will be the cause of the most personal injuries.

Rest stops and food?

The 300 walker will rely on a variety of parks, public buildings and businesses for bathrooms, water and food. There are lengthy residential thickets without these amenities; the description pages to each segment are written to help prepare for this.

Can you camp? Where do you sleep?

A multi-day walk across a major metropolitan area poses a challenge overnights. The most likely scenario would be to spend some nights at the homes of friends coupled with some nights of cheap motels, dorms and hostels. Those would cost \$50-\$75 per night if you plan ahead. You may not legally lay out a bed and sleep overnight in the parks or off the streets of the cities you pass through. You will see places where it can be done and is done by our homeless community. Some walkers may try and do pretty well with that approach, but we cannot support it with any recommendations. Hopefully in the future we can list a network of cheapest lodging plus a few trail angels who would not mind someone sleeping in their backyard.

What is the history of this route?

The core concept: The June 2004 *Backpacker* magazine carried an article written by Dan Koeppl titled "I climbed Los Angeles." It described his foraging in widening circles from his Silver Lake home looking for public stairways. By 2007 he was leading friends on a loop walk he had invented purposed to do "all the stairways he knew." That was once 52 stairways in 16 miles. That has grown into Stair Trek which he still leads every winter. It is now a loop at nearly marathon length with 94 stairways.

May 2012: Bob Inman was asked by Andrew Lichtman and Ying Chen, his friends and patrons of LA stair-walking, to create and lead them on the "Inman 300," which they conceived as enlarging Stair Trek into a cross-city thru-hike visiting every stair street known to Inman in LA and its surrounding communities. The three walked 185 miles inside of ten days visiting 315 stairways. Carrying their clothing, their beds and their necessities on their backs, they stayed at friend's homes or cheap lodging. They used transit to traverse long gaps between stairs.

April 2013: That 2012 route (plus a few more stairs) was completed by Liz "Snorkel" Thomas in just over 5 days. Snorkel is an ultra-light backpacker well known in the long distance hiking circles. She too used transit sparingly to get past some "blank" spots and carried everything.

2014: The "route" was redrawn, polished and committed to usable maps. New stairs were added; the idea of using transit to fill gaps was dropped. This guidebook was created to encourage future completions of the Inman 300 by saving aspiring walkers from having to compose their own cross-country route. Bob Inman walked a "working model" of the route but added more when done.

2015: January, Kelley Wiley Lane travelled from Seattle and became the first to do the improved route as a thru-hike. She started with a part day of walking on January 4 then worked daily to complete the complete route on Jan. 15. She mostly walked solo but did get occasional company from locals. In April, Joshua "Bobcat" Stacey came to Los Angeles from Santa Cruz County to do the route. He started at 4:30am April 5 and finished at 1pm on April 10. Establishing the FKT, he averaged 42 miles per day backpacking solo with all his necessities. He overnighted twice in residences of members of the LA walking community. He selected "unsanctioned" secluded spots to sleep on the ground the other three nights. 2015 also witnessed the completion of the route between March and July as a series of day walks by LA locals Roy Randall, Dan Gutierrez, Carey Okrand, Aaron Veals, Alex Rose, Jacques Monier, Amy Goldenberg and Gabrielle Mandola.

How has this route been recognized?

The initial Chen/Inman/Lichtman walk got mention from KCRW radio and KCET online. Liz Thomas' completion earned much more coverage and continues to do so. Dan Koeppel wrote about her feat in the September 2013 *"Backpacker"*. Thomas was covered in Gizmodo, LA Magazine, KCET, the *Eastsider* and other blogs and the "Trail Show" podcast. "Snorkel" has been sort of an ambassador for the route and featured it in a September 2014 talk before the American Long Distance Hikers Association. SoCalhiker.net did a nice piece on the revised route.

Will this route get revised as new stairways are built or recognized?

The pattern of any efficient route connecting almost 350 stairstreets is now set: La Canada-Flintridge through west Pasadena to northeast and east Los Angeles; west through Downtown then Echo Park and Silver Lake; along the Hollywood Hills; across the basin to Pacific Palisades and then south to the South Bay; the Palos Verdes Peninsula finishing in San Pedro. You could also start in San Pedro and do that sequence in reverse. We may add additional stairways as "infill" when we recognize them if they do not add more than a mile or two. We now recognize stairways in other neighborhoods within the LA basin, but they are too disconnected. Altering the Inman 300 to capture those would weaken the overall experience.

When is a good time to do the Inman 300?

The first 140 miles of this route are inland areas that often have 90-100 degree days July thru mid-September. Other months are excellent; daylight is limited in winter of course. Even in a drought cycle, we do get occasional very wet days mostly between December and March. We hope experienced long distance hikers might fit the Inman 300 on their activity calendars when the seasonal window closes on some of the traditional mountain long trails.

The Inman 300 in numbers

	THE INMAN 300 BY SEGMENT											
	A	B	C	D	E	F	G	H	I	J	K	total
TOTAL MILES EACH SEGMENT	19.6	19.7	21	21.5	18.4	19.2	20	22.6	21.7	22.5	16.2	222.4
MILEAGE ON MAJOR BOULEVARDS	0.5	1.3	3.8	7.5	5.4	2.1	3.4	17.1	7.8	4.1	5.7	58.7
ON AVENUES (few traffic signals or trucks)	3.8	2.4	3.3	3.3	2.1	1.8	1	1.6	1.4	1.1	1.2	23
MILEAGE ON SMALL RESIDENTIAL STREETS	13.8	13.5	10.6	8.4	8.5	12.1	14.5	2.3	7.7	10.5	4.8	106.7
ON PAVED PATH (including the stairways)	0.5	2.2	2.5	2.3	2.4	3	1.1	0.6	4.8	2.5	0.6	22.5
MILEAGE ON DIRT TRAILS	1	0.3	0.8	0	0	0.2	0	1	0	4.3	3.9	11.5
NUMBER OF TRAILS	0	4	4	0	0	1	1	2	0	5	5	22
FREEWAY CROSSINGS	3	0	7	4	3	1	3	1	4	0	1	30
PEDESTRIAN FOOTBRIDGES OR "POC"s	0	0	4	1	5	0	0	1	6	0	0	17
CITY PARKS WALKED THROUGH OR ALONG	6	3	5	5	7	2	3	2	5	3	3	44
STAIRWAYS	11	41	34	38	56	61	34	13	23	29	12	352
STEPS	817	2581	2077	2741	4105	5937	2994	843	1929	1713	588	26325
RELATIVE TOTAL ELEVATION GAIN	**	**	**	**	***	****	****	*	**	***	*	32000'

As indicated in the graph, the route is comprised of:

- 47% walking on small neighborhood streets without traffic signals and often with no sidewalk.
- 27% walking on sidewalks along major boulevards with 2 to 6 lanes, traffic signals and trucks
- 10% walking on smaller collector avenues with 2 lanes and some infrequent signals and trucks
- 10% walking on pavement segregated for foot travel only. This includes the stairways themselves which might include wood steps and gravel or dirt paths.
- 6% walking on dirt trail; sometimes established public foot trails, sometimes dirt future streets.

The elevation gained and lost walking the hilly streets is much greater than on the stairs themselves. Counting the three double stairways that are done twice, the total step count on the route is 26,300 of which 55% are taken going up. Those steps represent an approximate 12,000 foot elevation change on the stairs alone. We estimate a full route total elevation gain of 32,000 feet.

“Rules?” Why are there rules?

Everyone knows that the John Muir Trail begins at Happy Isles and ends at Mt. Whitney. An urban “trail” needs structure to give it credibility and encourage future walkers to follow. We have a *recommended* route to link all the stairways successively in a purposeful flow. While modifications to that route are possible and welcome, we’d like to see other versions resemble our recommended route in structure. Trails attract talk of FKT’s (fastest known time) so the rules work to make different versions comparable. The rules simply spell out the method to make the stairs flow as passages within the long walk.

The Rules

a: To complete an Inman 300, you walk or run across the city utilizing every stairway we have indexed in this guidebook and on the Google maps. The guidebook and maps will be updated if additional stairs close to the route are recognized and added to the current count of 352.

b: There might be a case where a stairway had to be skipped for some unexpected closure (damage to stairs, reconstruction, filming, police activity, etc.)

c: With the exception noted in “d”, each stairway is to be done once, in one direction, even when this limitation lengthens the distance to the next stairway.

d: Twenty-three of the stairways have “Y” splits or adjoining twins or have “stubs” because of the way they intersect other stairways. This guidebook and the Google maps indicate which these are. You may go both up and down these stairways if it helps your route but you are not required to. On a stairway with a split, a stub or a twin it is understood that you will not walk every step.

e: A walker’s route along the Inman 300 should be conceived in the spirit of a wilderness hiker’s route. Along the PCT, you would not hike back and forth on the same trail unless you were maybe seeking water, a campsite or are resuming the route after an interval off it. Our suggested route avoids backtracking as it loops through the hills to collect the stairs. It includes the occasional spots where you would retrace your steps for 500’ or less because not doing so would just add too much more walking. These suggested backtracks add up to only one half mile over 220 miles.

f: The Inman 300 is born from a spirit of pedestrianism. We hope that someone who chooses to do this walk will honor that spirit as they select how to join and leave it. Take transit when possible; this applies to the thru-hiker departing at day’s end to find their sleeping spot and to the sectional walker who comes and goes over a period of time. (This is more of a wish than a rule.)

g: An inventive person might try to bike this route creating an FKT in a category of its own.

h: We hope you pursue safe conduct as you follow this route. The suggested route on the Google Maps often illustrate turns and yardage to locate a crosswalk that gets you over a busy street. Other places, a crossing is suggested where there is no crosswalk. Anyone who does this walk will have to match the map suggestions to the conditions. You are responsible for your own safety.

Using the resources:

This guidebook is updated intermittently. The date and version number appear on the cover.

We have a folder that carries the most recent version and other information about the Inman 300 that [you will find here](#).

Use of this guidebook is meant to be a supplement to

[*Finding Los Angeles by Foot – Stairstreet, Bridge, Pathway and Lane*](#) by Bob Inman – 2014

Available for around \$16 on Amazon. Your experience along the Inman 300 will be greatly enhanced by possession of the book.

A 140 page book, [*"The 300"*](#), was published on Blurb Books describing the Inman-Lichtman-Chen initial walk with many photos, maps and graphs. It can be located on the Blurb site by searching the title. A hefty price tag is suggested for a printed copy but the entire contents may be viewed for free by clicking on "preview".

Secret Stairs – a walking guide to the historic stairways of Los Angeles by Charles Fleming – 2010

This hugely popular guide is about many very short walks but the descriptions of the stairs and the back stories of many neighborhoods along the Inman 300 would prove very entertaining.

Adventures by foot: Kelley Wiley Lane described her January 2015 experience in words and photos in an entertaining and informative blog <http://adventuresbyfoot.blogspot.com/>

The best way to prepare for an Inman 300 or to see it is to attend the Big Parade as it occurs on an October weekend or, better yet, walk Stair Trek on your own or as it occurs as a leaderless, group event generally in February or March.

Watch <https://www.facebook.com/groups/bigparade/>

Bob Inman leads section walks of the route periodically.

While using the maps that are linked to this handbook, be sure to click on each marker or line as there is much detail to be found there. The stairways are referenced by a letter/number combination; the letter refers to the segment and the number to the sequence in that segment when walking the recommended route. Converting these Google links into a set of fixed paper maps that you can hold in your hand is advisable; Internet connectivity is hit and miss in some of the areas where you will be walking. Contact information: We welcome your comments and questions and would be very interested to know if you have come from outside the area to walk the route or if you are planning to do it as a fast thru-hike.

Bob Inman: lastairways@pacbell.net

Andrew Lichtman: a.lichtman@outlook.com

Segment A:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kCCgLw1PfoKY

Distance: 19.6 miles **Elevation gain:** ** (approximately 2600 feet)

Neighborhoods: Northwest Pasadena in Rose Bowl area, La Canada-Flintridge, southwest Pasadena, San Marino, South Pasadena. Hermon and Highland Park neighborhoods of Los Angeles.

Characteristics: very few stairs and some long stretches of pleasant but unexciting avenue without turns. This corridor connects the mountains, the upper Arroyo Seco and the Pasadena historic content with metro Los Angeles. After a long climb to stairway one, the rest of the segment may seem underwhelming to the hill-seeking enthusiast.

Start location: Strictly speaking, the Inman 300 begins at the base of the first stairway. The experience is more genuine if you walk to that spot rather than be driven to it. Our route begins from a corner of the Hahamongna Watershed Park at 4400 Oak Grove Drive, La Canada-Flintridge 91101. This location is symbolic as it connects seamlessly away from the urban area into the Angeles National Forest. Nearly as important, it can be reached by regular bus service.

Ending location: Highland Park Gold Line station, Highland Park

Transit: Metro route 268 runs 7 days a week to Oak Grove Dr. and Berkshire Pl. from near to the Sierra Madre Villa Station of the Metro Gold Line. More efficiently, Metro route 177 runs Monday-Friday mornings only from the Metro Gold Line Memorial Park Station to Foothill and Oak Grove near JPL. This segment ends at a METRO Gold Line light rail platform.

How to get back to start point of this segment from the end of this segment: Metro Gold Line from Highland Park station to the Gold Line station that fed your approach bus.

Route overview:

Miles 0-5: (to Linda Vista and Lida). There is a 550' climb along narrow streets to the first stairway which sits by a private school that once was a hilltop Biltmore hotel. This is the longest continuous climb of the entire Inman 300 and there are great views of the San Gabriel Mountains and the Rose Bowl. On the way down from the excellent Myron Hunt buildings you lose all of that elevation. You walk more than a mile along pavement on open, undeveloped hillside and you pass one-quarter mile from Craig Elwood's iconic, canyon-bridging steel and glass Art Center College building.

Miles 5-8: (to stairway A3) Linda Rosa and the roads to and near the Rose Bowl are popular with cyclists and walkers. You can choose to stay on dirt trail for about a mile and a quarter. The lone stairway in this portion climbs up behind the aquatic center to a terrace of extraordinary homes. That stairway gets locked on top at night.

Miles 8-11: (to near Glenarm and Arroyo Parkway) You cross the Colorado St. Bridge and walk through a fantastic area of flat streets and historic homes in the old “Millionaire’s Row” district. Grace Hill is charming and eclectic with 2 stairways. The mile after Grace Hill is a mixture of commercial and industrial.

Miles 11-15: (to the South Pasadena Goldline before stairway A7) This is a half loop east then south and west through a fabulously wealthy section of San Marino and tapers back through affluent South Pasadena. The commercial district at the end of this segment is very pleasing.

Miles 15-19: Stairway A7 lifts you into newer developments and a hilly area that begins to provide views of what lies ahead of you in the next two segments. You enter Hermon within the LA city limits. 4 stairways line your path across the Arroyo Seco and into Highland Park.

Food and amenities:

Be sure to visit a Hahamongna Park bathroom 700’ from the bus stop as it is 7 miles until the next bathrooms arrive just south of the Rose Bowl. The first food can be located mid-segment at mile 9.5 a little off route from Singer Park and also at mile 11 near Glenarm and Arroyo Parkway.

Bathrooms can be located slightly off route at the bottom of stairway A6 in Lacy Park. Lacy Park does collect an unfortunate non-resident tariff on weekends however. The area around mile 15 on Mission St. is delightfully blessed with choices, particularly near Meridian.

Tourist stops: Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within 1/2 mile of:

Art Center College, The Rose Bowl, the Gamble House, Finish museum, Norton Simon Museum, Pasadena old town, Ambassador College gardens, Wrigley Mansion, California Institute of Technology and The Old Mill. The Huntington Museum and Gardens dominates the San Marino area and is a wonderful destination but the only entrance gate is 1.4 miles off the route.

		Segment A stairways						<i>split, stub</i>
#	<i>page</i>	<i>stairway</i>	<i>location: top / bottom</i>	<i>zip</i>	<i>steps</i>	<i>grade</i>	<i>direction</i>	<i>or twin</i>
A1	258	Flintridge	near 440 St Katherine / 525 Palmerstone	91011	107	B	up	
A2	135	Arroyo Terrace	Arroyo Terrace-Grand Av/ 360 N. Arroyo Bl	91103	57	B	up	
A3	126	Colorado Bridge	Colorado Bridge / Linda Vista Av	91105	38	C	up	<i>twin</i>
A4	126	Grace - Brocadero	95 Grace Terrace / ac fr Brocadero	91105	37	B	up	
A5	126	Grace Walk	88 Grace Terrace / 54 Grace Walk	91105	63	B	down	
A6	258	Lacy Park	1401 Park Place / 1407 Virginia Road	91108	86	B	down	
A7	258	Flores de Oro	884 Flores de Oro / 803 Rollin	91030	31	B	up	
A8	106	Pullman	Pullman pathway / 5401 Monterey Road	90042	162	B	up then down	
A9	106	Upper Bushnell	Pullman Pathway / 5417 Bushnell	90042	94	A	down	
A10	106	Lower Bushnell	403 Wheeling Way / 5571 Via Mirasol	90042	62	B	down	
A11	106	Avenue 58	147 Avenue 58 / 200 Avenue 58	90042	80	B	up	

Segment B:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kaaEp6kLEo6E

Distance: 19.7 miles Elevation gain: ** (approximately 3300 feet)

Neighborhoods: Highland Park, Mount Washington, York Valley, Mt. Angelus, Garvanza, Annandale section of Pasadena, Eagle Rock

Characteristics: Segment A was stairway poor and, for the most part, affluent with some bland spots. That started changing in the last couple of miles and carries on here to LA city neighborhoods that are artsy, trendy, and a bit gritty in spots. Segment B is rich with 40 stairways (3rd most on the route to the stairway heartland segments E and F) and there are many twists and turns in the mostly hilly terrain to grab them all. Of the eleven segments, "B" spends the most mileage on small residential lanes. Neighborhood characteristics range from Highland Park with its evolving Hispanic-gentrified mix to wealthy Annandale.

Starting location: Highland Park Metro Gold Line station (Avenue 57 at Marmion)

Ending location: the center of Eagle Rock at Eagle Rock Blvd and Colorado Blvd.

Transit: The start of the segment is at a light rail station on the Metro Gold Line. Metro bus lines 81 and 83 run very nearby

How to get back to start point of this section from the end of this section: Take Metro Bus 81 towards Downtown Los Angeles. Exit bus at Avenue 59 and Figueroa and walk to the right towards the Gold Line.

Route overview:

Miles 0-2: (through stairway B4) Consider visiting the commercial strip near Ave. 57 and Figueroa (a block east of the route) to find a bathroom when starting. There are no permanent facilities for 8 miles. We walk on streets in a busy commercial, then residential area of mostly 80-100 year old homes paralleling Figueroa. There is a string of 4 stairways leading straight for Mt. Washington.

Miles 2-5: (to below stairway B8) Eldred Street (steepest in Los Angeles) and the stairway B5 above it provide an abrupt transition into Mt. Washington. This is a neighborhood of great views and artistic, sometimes woodsy temperament. It is very peaceful here, particularly on some of the stairs and pathways. The Inman 300 will return to the other side of Mt. Washington in Segment C.

Miles 5-8: (to after stairway B15) Back down to the York Valley part of Highland Park and into the residential knob of Mt. Angelus. These are quiet blocks of solid, older single family homes. Stray a bit off path to your left to York Avenue between Avenues 50 and 52 and you can visit a trendy commercial zone of bars and shops. If we are ever able to get gates removed from four more Mt. Angelus stairways this stretch would be even more enjoyable.

Miles 8-10: (to after stairway B19) Circulates near the very busy commercial zone along York between Figueroa and Avenue 66. Everything above York is the sub-community of Garvanza. There are good food and bathroom choices here like Penny's or My Taco. Once again, you find lots of great residential character near the stairs away from York.

Miles 10-13: Garvanza (part of LA) then Annandale (part of Pasadena). This is a beautiful, historic area that drapes away from Poppy Peak (1000' elevation). The Church of the Angels across from stairway B21 is a highlight of the area. The tight cluster of stairways B22 to B30 would be notable anywhere; particularly in this affluent district.

Miles 13-17: (up to Colorado Blvd after stairway B40) Out of Pasadena and back into LA and the Eagle Rock neighborhood. Between stairways B30 and B31, you will likely leave the direct route to find a comfort stop at Figueroa and La Loma. In Eagle Rock there is another dense group of nine stairways that are mostly short but have a lot of interesting variety in another great LA neighborhood. Stairway B34 is a logistical problem as it actually lies over the ridge back in York Valley. The most efficient way to include it is an over and back after B33. This is an unfortunate down and back but this is the shortest route to get that stairway.

Miles 17-20: More of Eagle Rock. The final stairway in this segment is a nice one but a bit of an outlier. Heading west from B41, Hill Drive is a wonderful walking street and the route shown is an attempt to get the best of Hill before departing via Shearin to get the best of the interesting Colorado Blvd commercial zone. The walker can tweak this and leave Hill earlier if there is some business on Colorado they particularly want to visit (like Cacao or Casa Bianca).

Food and amenities:

After the segment start point there is nothing until after stairway B15 for 8 miles; watch for porta-potties or detour to York at Ave 50. After leaving York before stairway B20, there is another stretch of residential "wilderness" until you might go a little off route to the right at Figueroa and La Loma before stairway B31. Colorado Blvd after stairway B41 has lots to offer.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

LA's steepest street (Eldred), Self-Realization Fellowship, Nob Hill Haus, trendy York around Ave 50-52, Galco's Soda Pop shop, Abbey San Encino, Judson Stain Glass Studio, Church of the Angels, and Johnson Lake (private). The Eagle Rock is three-quarters of a mile off route.

Segment B stairways								<i>split, stub</i>
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
B1	106	Granada	5322 Granada / 420 Avenue 54	90042	127	A	up	
B2	106	Abbott Place	429 Avenue 51 / 432 Avenue 52	90042	56	C	up	
B3	106	Salient	5027 Montezuma / 701 Avenue 50	90042	132	C	down	
B4	98	Lynn	4932 Lynn / 4922 Lynn	90042	60	B	down	
B5	98	Eldred	708 Cross / 4864 Eldred	90042	196	A	up	
B6	90	Danforth Drive	776 Danforth / 4018 Marchena	90065	56	B	down	
B7	90	Oneonta-Olancha	across fr 1105 Olancha / nr 1085 Oneonta	90065	132	A	up	splits
B8	90	Cleland-Frieda	4832 Frieda / 4841 Cleland	90065	66	B	down	
B9	112	Mendota Street	4976 Mendota / across from 950 Ave. 50	90042	14	C	down	
B10	106	Raphael	5363 Raphael / 5374 Raphael	90042	27	C	down	
B11	112	Grimke Walk	242 Wayland / corner Outlook+Lamont	90042	45	B	up	
B12	112	Upr Monte Vista	281 Wayland / across from 281 LaFollette	90042	22	B	down	
B13	112	Sterling Walk	271 LaFollette/6155 Mt Angelus Drive	90042	66	B	down	
B14	112	LaFollette Walk	222 Wayland / 263 Lamont	90042	30	B	down	
B15	112	Andes Walk	244 Lamont / 6134 Garrison	90042	46	gated	down	
B16	112	Myosotis	6203 Saylin / 6179 Kirby	90042	114	B	up	
B17	112	Vista Place	Across fr 6215 Vidette / 6247 Meridian	90042	23	C	down	
B18	106	Avenue 64	139 Avenue 64 / 201 Avenue 64	90042	61	B	down	
B19	106	Avenue 66	near 235 Ave. 66 / Marmion & Avenue 66	90042	24	C	up	
B20	126	Hough	760 Avenue 66 / 6635 Hough	90042	126	A	up	
B21	126	Rosewood Terrace	1102 Lantana / 1113 Avenue 64	90042	50	B	up	
B22	126	Avon Avenue	1428 Capinero Dr / 1437 Cheviotdale	91105	44	B	up	
B23	126	Evergreen Dr	610 Evergreen Dr / 1560 La Loma Rd	91105	45	C	up	
B24	126	Lower Cherry Dr	Cherry Alley / 1587 La Loma Road	91105	54	B	up	
B25	126	Upper Cherry Dr	437 Cherry Drive / Cherry Alley	91105	45	B	up	
B26	126	Glenullen-Cherry	351 Cherry Dr / 360 Glenullen Dr	91105	99	A	down	
B27	126	Glenullen-Tamarac	362 Tamarac Dr / 363 Glenullen Dr	91105	90	A	up	
B28	126	Redwood-Tamarac	365 Tamarac Dr / 390 Redwood Dr	91105	99	A	up then down	
B29	126	Elmwood-Redwood	395 Redwood Dr / 420 Elmwood Dr	91105	98	A	down	
B30	126	Sycamore Glen	240 Redwood Dr / 252 Sycamore Glen	91105	60	B	down	
B31	120	Tai chi	1007 Glen Arbor / across fr 7149 Figueroa	90041	64	B	up	
B32	120	Eucalyptus	6035 Eucalyptus Lane / 7149 Figueroa	90041	39	C	up	
B33	120	Tipton	800 block Tipton Terr. / 5811 Tipton Way	90041	15	C	up	
B34	112	Avenue 55	5331 Raber / 1847 Avenue 55	90042	21	C	up	
B35	120	Nolden	1961 Nolden / 1983 Nolden	90041	79	C	down	
B36	120	Glacier Drive	4900 Glacier / 4900 Glacier	90041	12	C	up	
B37	120	Oak Grove	near 1040 Oak Grove in the meridian	90041	20	B	down	
B38	120	Neola	near 4827 Neola Pl / 1321 Neola St	90041	47	C	up	
B39	120	Linda Rosa	1507 Linda Rosa / 1531 Linda Rosa	90041	39	B	up	twin
B40	120	Saginaw	1301 Linda Rosa / 1450 Holbrook	90041	60	B	up then down	
B41	120	Arbor Dell	1100 Arbor Dell/ 1371 Hill Drive	90041	78	B	up	

Segment C:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kEdW1a7TjOOE

Distance: 21 miles **Elevation gain:** ** (approximately 2700 feet)

Neighborhoods: Eagle Rock, Adams Hill in Glendale city, Verdugo Village(LA), Glassell Park, Mount Washington, Sycamore Grove region of Highland Park, Montecito Heights, Cypress Park, Solano Canyon, Elysian Park, Lincoln Heights

Characteristics: This segment makes quick visit out of Los Angeles to Glendale. Towards the end, it serves as a passage from what generally known as Northeast Los Angeles to East Los Angeles. This segment has an average amount of stairways, 34. It returns to Mount Washington (and the highest points of Glassell Park) but much of this section walks along the fringe of the highest hills rather than over them. This segment crosses the routes of freeways (the 2, 5 and the 110) twice as often as any other segment. The Los Angeles River and its tributary, the Arroyo Seco, figure strongly in the story of this segment.

Starting location: Junction of Colorado Blvd. and Eagle Rock Blvd in Eagle Rock

Ending location: Lincoln High School in Lincoln Heights; Broadway at Lincoln Park Ave

Transit: The start of this segment is served by Metro 180, 181, 780 (weekdays), 83, and 28.

How to get back to start point of this section from the end of this section: From Broadway and Thomas, take Metro Bus 45 west on Broadway towards Downtown. At Daly Street, transfer to the Metro 28 bus towards Eagle Rock which will return you to the start point.

Route overview:

Miles 0-4: Begins going west on a busy and dull part of Colorado Blvd before heading south through a bit of Glendale in the Verdugo Valley. One of the 4 stairways in this stretch is a very good one; there's also a nice POC over the 2 freeway. This is the almost unknown "Verdugo Village" part of Glassell Park. We pass Forest Lawn, whose hilltop location is a prominent physical feature of this zone.

Miles 4-8: from Fletcher to Division climbs by street, trail and stairway to an 800' elevation hilltop and back down again not far from where the climb started. Most of Segment C is predominately Hispanic, there is a large Filipino community here along Eagle Rock Blvd near Verdugo. This hill is an odd combination of 1940's homes mixed with new developments with bands of pre-1930 homes mixed in. The views can be phenomenal when clear looking southwesterly over the LA River towards Griffith Park.

Miles 8-13: from Division to Sycamore Grove take us high over a shoulder of Mt. Washington, back down to the flats then bounces twice back up the east flank of Mt. Washington. Stairways assist the steep descent towards the Southwest Museum area. Here there is a series of quick (and seemingly pointless) up and downs joining Figueroa to a long walk street. Finally historic Sycamore Grove makes a true transition point before crossing the Arroyo Seco.

Miles 13-16: cover 3 stairways on the western slope of Montecito Heights below a large open space known as Flattop. You enter a corner of Lincoln Heights and it becomes kind of a no-person's land for a couple of miles, including a scarcity of facilities.

Segment C from mile 14 (by Mom's Tamales after C27) to the Elysian Park exit at Broadway by the Buena Vista Viaduct is neighborhood that most people would probably want to cover in daylight hours.

Miles 16-17: includes a passage unique from any other in the Inman 300: the 110 Pedestrian route. Many people find this bit thrilling to walk a lightly used sidewalk behind barriers just feet from the freeway. Also here is Solano Canyon which is pretty and would be idyllic without the presence of the freeway and stadium. You cross an iconic viaduct over the 110, walk through a maze of park trails and cross one of the best of the viaducts over the LA River which returns you to Lincoln Heights.

Miles 18-21: Winds through historic Lincoln Heights which was one of the first of the Los Angeles suburbs in the 1890's. Here you just collect 4 stairways in what seems to be a series and starts and stops in steep valleys to collect individual stairways that don't seem related to each other.

Food and amenities: The one stretch that you need to anticipate for absence of bathrooms or markets is after Sycamore Grove Park. Habitat Coffee is a perfect stop after the first 5 miles. Worth special consideration when they are open: Polkas after stairway C3, Verdugo Bar near stairway C8, Antigua Coffee a block off the route below stairway C12 and Mom's Tamales.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or relatively close to:*

Forest Lawn (Glendale) is just over the fence but the entrance is 1 ½ miles away. Occidental College is one mile away. One quarter mile away are the Self-Realization Fellowship, Southwest Museum (very limited access), Lummis Home, Heritage Square, Los Angeles River Center Gardens. The Brewery arts complex, San Antonio Winery and seating entrance to Dodger Stadium are each about 2/3's mile off the route.

Segment C stairways								<i>split, stub</i>
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
C1	82	Hilda Avenue	1359 Romulus Dr / 1360 Hilda Av	91205	54	B	up	
C2	82	Banbury Place	2669 Medlow Avenue / 2686 Cunard St	90065	132	B	up	
C3	82	Delevan Drive	4035 Avenue 42 / 2872 Delevan Dr	90065	21	C	down	
C4	82	Avenue 37	3700 Roderick Road / 3637 Fletcher Drive	90065	60	B	down	
C5	90	Avenue 40	4001 Verdugo View / 3950 Scandia	90065	35	C	up	
C6	90	Hines-Brilliant	3726 Brilliant / 2400 Hines	90065	106	B	down	
C7	90	Arthur-Yorkshire	2359 Yorkshire / 2333 Arthur	90065	106	B	down	
C8	90	Crestmore Place	2640 Crestmoore Place / 2714 Crestmoore	90065	93	B	down	
C9	90	Avenue 31	3147 Verdugo Place / 3140 Verdugo Road	90065	40	C	up	
C10	90	Tillie Street	1804 Kilbourn / 1811 Kemper	90065	135	A	up	
C11	90	Kilbourn	1645 Kilbourn / 3180 Future	90065	133	B	up	
C12	98	Upr Vista Gloriosa	near 598 Vta Gloriosa / 441 Vista Gloriosa	90065	76	B	up	
C13	98	Vista Gloriosa	434 Vista Gloriosa / near 3440 Glenalbyn	90065	35	C	down	
C14	98	Canyon Vista	331 Canyon Vista / 326 Avenue 45	90065	102	B	down	
C15	98	Glenalbyn Walk	across fr 4555 Glenalbyn / 4547 Marmion	90065	22	B	up	
C16	98	Clermont	438 Avenue 43 / 375 Canon Crest	90065	153	A	up	
C17	98	Mavis	340 Mavis / 4567 Starling	90065	71	B	down	
C18	98	Glenalbyn Way	4600 Glenalbyn / 4601 Marmion	90065	58	B	down	
C19	106	Museum Station	4701 Marmion Way / 4621 Woodside Dr	90065	30	B	down	
C20	106	Zigler Estate	Top: 4601 Figueroa	90065	16	B	up	
C21	106	Casa de Adobe	Top: 4605 Figueroa	90065	19	C	down	splits
C22	106	Figueroa brick	Top: 4645 Figueroa	90065	21	C	up	
C23	106	Glen Mary Arch	Top: 4733 Figueroa	90065	55	B	Dn,repeat,up*	splits
C24	106	Figueroa Walk N.	Top: 4733 Figueroa	90065	45	C	down	
C25	136	Griffin-Berenice	4507 Montecito Dr / 4430 Griffin Av	90031	60	B	down	
C26	136	Homer-Griffin	4433 Griffin Ave / 4426 Homer	90031	63	B	down	
C27	136	Avenue 41	4103 Griffin / 4102 Homer	90031	63	B	up	
C28	164	San Fernando/110	110 pedestrian route / 4575 Sn Fernando	90031	45	C	up	
C29	164	110 Spiral Stairs	Southbound side/Northbound side	90012	49	B	up	
C30	164	Solano School	Across fr 617 Academy / 615 Solano	90012	21	B	up	
C31	164	Jarvis Street	near 628 Park Row / 702 Academy	90012	42	C	up	
C32	136	Montecito Street	near 3029 Johnston / 2817 Montecito	90031	78	B	up	
C33	136	Hancock-Terry	3033 Terry Place / 2537 Hancock St	90031	24	C	down	
C34	136	Sierra Sidewalk	2826 Sierra / 3628 Pomona	90031	14	C	up then down	

* stairway C22 is taken in two directions

Segment D:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.klknEacaZUqA

Distance: 21.5 miles **Elevation gain:** ** (approximately 2600 feet)

Neighborhoods: Montecito Heights, Rose Hill, El Sereno, University Hills, Ramona Gardens, City Terrace, East Los Angeles, Boyle Heights, Downtown Arts District, El Pueblo-Union Station area.

Characteristics: Segment D is the east side of Los Angeles. Of the eleven segments, this one is the least affluent and will show the fewest signs of gentrification. You will still find a rich display of neighborhood self-expression. Until you leave City Terrace at about mile 14, you will encounter a complicated terrain of steep hills and valleys. The 10 Freeway is a deep scar across the middle of this segment but fortunately you only need to cross it once. The stairways are longer and more daunting in segment D than in segments B & C. There are five worthy hilltops to summit in this segment giving sensational views.

Starting location: Lincoln High School in Lincoln Heights; Broadway at Lincoln Park Ave

Ending location: Los Angeles Plaza

Transit: The start of this segment is serviced by Metro buses 45, 78 & 79 and Lincoln Heights-Chinatown DASH

How to get back to start point of this section from the end of this section: Walk two blocks to Broadway; take Metro Bus 45 north on Broadway. Exit at Broadway and Eastlake. Walk 2 blocks.

Route overview:

Miles 0-4: (to stairway D11) After stairway D1 and Broadway and Mission, you are leaving Lincoln Heights; the area to the right or southeast of Huntington Dr. is El Sereno. On the left of Huntington Drive as far as Monterey is the local name of Rose Hill (often included with Montecito Heights.) This is a deep valley with prodigious stairways. Housing here seems at places a bit ramshackle, as if this were a quickly built western mining town. The ascent of stairways D4 + D6 is particularly arduous.

Miles 4-8: (to before stairway D20) This part is all El Sereno taking you to the northeastern corner of Los Angeles before coming back and turning south down the deep valley of Eastern Avenue. Take care to utilize facilities found between the fast food at Rosemead Ave. and the Library near Lifer Ave. Food or bathroom opportunities get scarce again after this. The hilltop that stairways D15-D18 are on has great views. Where Eastern meets Valley is a complicated set of crosswalks over the railroad crossing. There are one or two less than great options for refreshment here.

Miles 8-11: The steep hill south of the railroad is an El Sereno sub-community named after the State University found on the far side. Stairway D22 has more steps in one direction than any other along the Inman 300 (another stairway in segment F has more steps but goes both up and down). The view of downtown above these stairs is a unique angle. Off the south side of this slope after stairway D23 is an unattractive industrial zone then the challenged but very interesting Ramona Gardens housing project along the freeway. The route gets one more stairway west, returns to the project to cross over a long pedestrian bridge. Here starts the climb up to City Terrace.

Segment D from after stairway D23 to City Terrace Park is neighborhood that most people would prefer to do in daylight.

Miles 11-15 Climbing above the freeway, the views are sensational as you reach your high point. Three stairways line the route through the City Terrace neighborhood and excellent City Terrace Park. The route down Hazard to Cesar Chavez Blvd. is a straight line but not without its attributes including an iconic East Los Angeles mural at Hammel and Hazard.

Miles 15-18: You've turned the corner and the Inman 300 now bears predominantly west for the next 80 miles. This is mostly a flat grid of streets headed westbound as unincorporated East LA passes and the Boyle Heights neighborhood of Los Angeles begins. The route veers right to catch two stairways to and from the intriguing high ground of Folsom St. Below stairway D31 lies a lively zone of East LA tradition including Cinco Puntos, Evergreen Cemetery and El Mercado. Stairways D32 & 33 are found by an iconic arch viaduct, well away from the LA River where most such bridges are found. Those stairways and D34 each illustrate sharp topographical deviations from the otherwise mostly flat grid of streets. Historic Hollenbeck Park thrives with active use as a beautiful neighborhood treasure.

Miles 18-21: This zone is extremely hectic as you walk along a well-used artery into downtown while crossing two freeways, the river with parallel rail corridors on each side. Climb up to the Fourth Street Viaduct from stairway D35 and you have left East Los Angeles as you promenade into downtown. The Arts District awaits you on the other side although the route skirts mostly around it. You pass Union Station and end the segment at the birthplace of Los Angeles.

Food and amenities: In the first 13 miles of segment D, bathrooms and food can only be located around mile 4.5 to 5.5 (on Huntington) and marginally around mile 8.5 (Valley & Eastern). Beyond that choices are limited. El Tepeyac is legendary and one half mile south of the route on Evergreen. The route passes just right of El Mercado near mile 16 and all but the most rushed walkers should duck in there for food, beverage, bathrooms and local color. The best of the Boyle Heights amenities are ¼ to ½ mile north of the route along 1st street, particularly around Mariachi Plaza. Once you have crossed the 4th St. viaduct into downtown the number of choices close by in the Arts District, in nearby Little Tokyo and around Union Station are unlimited.

Tourist stops: Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:

Lincoln Park, the East LA mural district around Ramona Gardens and after mile 15, El Mercado, Evergreen Cemetery (however the entrance gate is one-half mile off route), Hollenbeck Park, Mariachi Plaza, Downtown Arts District, Little Tokyo, Geffen Contemporary Art Museum, Union Station, Japanese American National Museum and the El Pueblo de Los Angeles Historic District.

Segment D stairways								split, stub
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
D1	136	Coral Street	2351 Coral St / near 3830 Broadway	90031	96	B	up	
D2	136	Mallard - Onyx	2602 Onyx / 2539 Mallard	90032	123	B	up	
D3	146	Upper Beagle	4419 Cato St / 4418 Beagle St	90032	95	B	down	
D4	146	Lower Beagle	4418 Beagle/4388 Huntington Dr. So.	90032	77	B	down	
D5	136	Lower Tourmaline	Across from 2929 Pyrites	90032	31	C	up	
D6	136	Pyrites	2929 Pyrites St / 3033 Pyrites St	90032	22	C	up	
D7	136	Upper Tourmaline	near 4404 W.Rose Hill/2929 Pyrites	90032	204	B	up	stub
D8	136	Galena Street	4521 East Rose Hill / 3420 Galena	90032	106	B	down	
D9	136	Browne-Florizel	4534 Florizel St / 4537 Browne Ave	90032	103	B	up	
D10	146	Carnegie Street	3757 Harriman/Collis+Carnegie	90032	20	C	up	
D11	146	Academy Sidewalk	in front of 4782 Academy Street	90032	50	B	up	
D12	146	Huntington/Academy	4762 Academy/4765 Huntington Dr N.	90032	129	B	down	
D13	146	Edison Walk	5246 Almont / 5253 Huntington Dr N.	90032	75	B	down	
D14	146	Huntington split	5303 Hunt.Dr N/Huntington+Poplar	90032	21	C	down	
D15	146	Castalia Ave	across fr 4953 Barstow/3240 Castalia	90032	19	C	down	
D16	146	Lower Phelps	2736 Lynnfield / 2852 Phelps	90032	83	B	up	
D17	146	Upper Phelps	2746 Chadwick Cir/2735 Lynnfield Cir	90032	98	B	up	
D18	146	Upper Far Place	2779 Chadwick Cr/2815 Lynfield Cir	90032	95	B	down	
D19	146	Lower Far Place	2815 Lynnfield Cr/2763 Ballard St	90032	73	B	down	
D20	146	Valley-Borland	5057 Borland / 5058 Valley Blvd	90032	18	C	up	
D21	146	Beatie Place	2221 Lafler Rd / 5140 Bohlig Rd	90032	54	B	up	
D22	146	Heidleman Road	near 4948 O'Sullivan/5010 Williams PL	90032	234	A	up	
D23	146	Seigneur Ave	1822 Seigneur/alley behind 1772 Eastern	90032	51	B	down	
D24	154	Verde	2400 Verde / 1200 block N. Soto	90033	29	C	down	splits
D25	154	Fowler sidewalk	in front of 3233 Whiteside	90063	10	C	up	
D26	154	"The 100 steps"	3958 Dwiggins / 1243 Bonnie Beach	90063	133	B	down	
D27	154	Ramboz	across fr 1265 BonnieBch/3999 Ramboz	90063	23	C	down	
D28	154	Miller-Van Pelt	1179 Van Pelt / 1174 Miller	90063	87	B	up	
D29	154	Sunol Street	north:4030 CesarChavez/south:332 Sunol	90063	103	B	up then down	
D30	154	Floral-Folsom	3428 Folsom / 3421 Floral	90063	26	C	up	
D31	154	Indiana Avenue	behind 3304 Folsom / 3305 Floral	90063	110	B	down	
D32	154	4th Lorena east	NE bridge deck / across fr 321 Lorena	90063	42	B	up	
D33	154	4thLorena west	SW bridge deck / near 404 S. Bernal	90063	46	C	down	
D34	154	East 6th Street	2755 E. 6th / 2728 E. 6th	90033	67	B	down	
D35	154	4th St Bridge East	SE Bridge deck / near 401 S. Anderson	90033	32	C	up	
D36	154	4th St Bridge Wst	SW bridge deck / near 500 S. Mateo	90033	52	C	down	
D37	154	1st Street Bridge	NW bridge deck/ near 100 N. Santa Fe	90033	44	B	down	twin
D38	154	Avila Street	near 900 N. Avila / 500 Block E. Cesar Chavz	90012	17	C	down	

Segment E:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kWUm_o28rdQ8

Distance: 18.4 miles Elevation gain: *** (approximately 3000 feet)

Neighborhoods: Downtown: El Pueblo, Civic Center, Bunker Hill, Financial Districts.
Temple-Beaudry, Historic Filipinotown, Echo Park, Silver Lake (southern section)

Characteristics: This segment begins in the heart of the original pueblo and explores the hills that once made up the city's first suburbs. Segment E combined with segment F is perhaps the very reason that an Inman 300 route exists. The first efforts to hammer out a "path" that incorporates every known stairway was Dan Koeppel's Stair Trek. Many of those stairways come on this segment. 56 stairways in under 18 miles is second only to segment F so far as stairway density on the Inman 300. The track weaves back and forth to capture those stairs. Your ultimate goal is to walk west for the ocean. But when you finish segment E, you are only a mile and a half west of where you started after almost 18 miles of effort and a crazy quilt of turns. Neighborhood characteristics range from downtown high rises to scruffy immigrant communities, to hipster/Hispanic mixed to highly affluent and artistic.

Starting location: Los Angeles Plaza, on the edge of Chinatown and across from Union Station.

Ending location: Chango Coffee House in Echo Park on the southern edge of Elysian Heights

Transit: Across from the main transit hub of Los Angeles, the Plaza is saturated with transit accessibility including Red Line and Gold Line. All the big streets that cross this segment have frequent buses.

How to get back to start point of this section from the end of this section: Walk one-third mile down Echo Park Ave. to Sunset and take Metro bus 704 towards downtown. Exit bus at Cesar Chavez at Spring. If you take Metro 2 or 302, you need to exit at Grand and walk less than half a mile back to the plaza.

Route overview:

Miles 0-2: (through stairway E4) An exciting cross-section of Downtown with many classic LA sights to left and right. Walks from Plaza through the government buildings, past Grand Park, the Central Market and Angel's Flight (whose gate is locked at night). Climbs up into and descends out of Bunker Hill in the Financial District. Follows the Bunker Hill Pedway after that.

Miles 2-5: (up to stairway E9) A corridor between the 101 Freeway and Beverly has much in the way of historic buildings with some downtown views. There are some seedy sections mixed in.

Walkers with urban anxiety might want to do the stretch between stairway E4 and E8 in daylight hours only.

Miles 5-12: (through stairway E29) This is mostly residential and dynamic with urban personality. The route goes west to east then east to west in the southern part of the Silver Lake neighborhood and central Echo Park neighborhood. Much urban vitality and flair will be found along Sunset Blvd. This is an area with a blend of classic bungalows, Victorians and eclectic residential elements. Before you reach Laurel and Hardy Park, there is a dense cluster of 20 shorter stairways averaging 60 steps. After Laurel and Hardy Park the stairways will generally have much more length. The next 88 stairways in 25 miles of walking will average about 95 steps each.

Miles 12-16: (through stairway E52) North of Sunset, the route passes through an affluent area that, but for a few businesses on Silver Lake Blvd, is 100% residential. The stairways have gotten longer and the hills have better views.

Miles 16-18: Glendale Blvd. is an extremely busy artery that provides a rude interruption to the quiet residential on either side (including the first half of Section F). After Glendale Blvd comes a mile of introduction to the Elysian Heights area that will play a big role in segment F

Food and amenities:

Soon after stairway E8, the remainder of this section is 13 miles where opportunities for bathrooms, water and food have to be seized when needed. Establishments along Sunset Blvd or on that part of Silver Lake Blvd near stairway E44 will be your go-to zone. Echo Park Lake and Silver Lake Recreation Center might be valuable assets for rest breaks.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

Chinatown, LA City Hall, Grand Park, Disney Concert Hall, MOCA, Broad Gallery (open 2015), Central Market, Angel’s Flight, Bonaventure Hotel observation lounge, Belmont Station Historic Tunnel, Vista Hermosa Park, Echo Park Lake, Mohawk Bend and the Sunset Blvd corridor, Sunset Junction area, remnants of the Edendale historic film studios.

Segment E stairways								<i>split, stub</i>
#	<i>page</i>	<i>stairway</i>	<i>location: top / bottom</i>	<i>zip</i>	<i>steps</i>	<i>grade</i>	<i>direction</i>	<i>or twin</i>
E1	164	Acadia Street	near 400 N. Hill / near 401 N. Broadway	90012	55	B	up	
E2	164	Angels Flight	351 S. Hill St. / 350 S. Olive Street	90013	121	B	up	
E3	164	Bunker Hill	400 S. Hope / across from 630 W. 5th	90071	101	A	down	twin
E4	164	1st St/Figueroa	near 900 W. 1st / near 100 N. Figueroa	90012	47	C	up	
E5	N/A	Temple-Boyleston	Boyleston St / Temple Street	90012	14	C	up	
E6	54	Toluca	across fr 255 Emerald / 244 Toluca	90026	44	B	up	
E7	54	Court Street	236 Lake Shore Terr / Glendale+Court	90026	101	B	up	splits
E8	60	Carondelet	107 Carondelet / faces 2417 Beverly Blvd	90057	36	B	up,repeat,dn*	splits
E9	60	Hoover Bridge	Hoover+Temple / 200 block Silver Lake	90004	30	B	down	
* stairway E8 is taken in two directions: go up, turn around, go down								

Segment E stairways		<i>(continued)</i>						<i>split, stub</i>
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
E10	60	Reno	511 Reno / 3001 London	90026	66	B	down	
E11	60	Bellev-Coronado	side of 626 Coronado / 2416 Bellevue	90026	92	B	up	splits
E12	60	Bellev-Alvarado	2132 Bellevue / 2112 Bellevue	90026	87	B	down	
E13	54	Clinton	across fr 617 Belmont / 700 block Glendale	90026	88	B	down	stub
E14	54	Kent	1728 Kent / 700 block Glendale Blvd	90026	66	B	up	splits
E15	54	Glend-Bellevue	602 Belmont / corner Bellevue+Glendale	90026	55	C	down	
E16	54	Crosby	1002 Crosby / 867 Laguna	90026	85	B	up	
E17	54	Wallace	1100 West Edgeware / 1484 Wallace	90026	59	C	up	
E18	54	Innis	804 E.Kensington Rd / 1302 Sunset Blvd	90026	100	B	down	
E19	54	Lilac Terrace	Lilac Terrace / 1266 Lilac Place	90026	24	C	up	
E20	54	Montana-Elys Park	1331 Elysian Park Dr / 1306 Montana	90026	11	C	down	
E21	54	Sunset sidewalk	west: 1472 Sunset, east: 1428 Sunset	90026	47	B	up then down	stub
E22	54	McDuff	1332 Laveta / behind 1501 Sunset	90026	74	C	up	
E23	54	Laveta Terrace	1349 Laveta / 1322 Laveta	90026	65	A	down	
E24	54	Fairbanks	Montana Stairs / 1408 Fairbanks	90026	27	C	up	
E25	54	Montana Street	Fairbank Stairs / 1396 Echo Park	90026	68	C	down	stub
E26	54	Glend-Sunset	across from 1910 Sunset / 1301 Glendale	90026	40	C	up	
E27	60	Marathon	3278 Descanso / 935 Vendome	90026	60	B	down	
E28	60	Robinson	832 Robinson / 827 Dillon	90026	66	B	down	
E29	60	Vendome split	on meridian by 914 Vendome	90026	13	C	down	
E30	60	Music Box	3278 Descanso / 935 Vendome	90026	133	B	up	
E31	60	Descanso	3365 Descanso / 3200 Larissa	90026	139	B	up	
E32	60	Upr Micheltorena	1330 Micheltorena / 3316 Larissa	90026	96	B	down	
E33	60	Lwr Micheltorena	3315 Larissa / 3324 Sunset	90026	109	B	down	
E34	18	Murray Drive	1551 Murray Dr / 3359 Hamilton Way	90026	83	B	up	
E35	18	Hamilton Way	3324 Hamilton Way / 3329 Sunset Blvd	90026	90	C	down	
E36	18	Elevado Street	1435 Elevado St / 3103 Hamilton Way	90026	102	B	up	
E37	18	Effie-Redesdale	1724 Rotary / 1705 Redesdale	90026	82	B	up	
E38	18	Cicero Drive	1637 Cicero Dr / 1632 Redcliff St	90026	90	B	up	
E39	18	Upper Swan	1748 Webster / across fr 1784 Rotary	90026	100	B	down	
E40	18	Middle Swan	1784 Rotary / 1760 Redesdale	90026	110	B	down	
E41	18	Lower Swan	1760 Redesdale / 2958 Swan	90026	78	B	down	
E42	18	Primrose Hill	3031 Landa / 2026 Redesdale	90026	84	B	up	
E43	26	Easterly-Fanning	1771 Fanning / across fr 1809 Easterly	90026	108	B	down	
E44	26	Silverwood N.(L)	near 1623 Occidental / 1618 Silver Lake	90026	22	C	up	
E45	26	Silverwood N.(M)	1601 Easterly / near 1606 Occidental	90026	75	B	up	
E46	26	Silverwood N.(U)	1613 Silverwood / across fr 1601 Easterly	90026	103	B	up	
E47	26	Silverwood S.(U)	1525 Silverwood / 1480 Easterly	90026	89	B	down	
E48	26	Silverwood S.(L)	1483 Easterly / Across fr 1433 Occidental	90026	82	B	down	
E49	26	Angelus Avenue	1482 Angelus / 1456 Angelus	90026	177	A	up	
E50	26	Waterloo	2330 Effie Street / 1662 Waterloo	90026	20	C	down	
E51	26	Berkeley sidewlk	2321 Berkeley-corner Berkeley+Mohawk	90026	35	C	up then down	
E52	26	Lower Effie	1692 Mohawk / 2219 Effie	90026	101	B	down	
E53	40	Alvarado split	1648 Alvarado / 1645 Alvarado	90026	36	C	down	
E54	40	Delta Alvarado	1678 Alvarado / 1677 Alvarado	90026	30	C	up	
E55	46	Lucretia	1546 Lucretia / 1701 Grafton	90026	64	C	up	
E56	46	Delta	1600 Lucretia / 1620 Delta	90026	125	B	down	

Segment F:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kLYp_DIN9Crg

Distance: 19.2 miles **Elevation gain:** **** (approximately 4100 feet)

Neighborhoods: Echo Park, Silver Lake, Atwater Village (just a touch), Franklin Hills

Characteristics: This segment has the most stairways. The average length per stairway is almost 100, much more than any other segment. The stairways on this section add up to more than 6000 steps. There is plenty of hill climbing. Aside from merely ascending the steps, much hill climbing also needs to be done on streets. This is the stairway heartland of Los Angeles and, considered together with segment E, you will walk a third of all the stairways on the Inman 300 in just 17% of the total mileage. Here you find neighborhoods both artistic and affluent. The historic Red Car trolley was a vital reason for the presence of so many stairs. The Los Angeles River lies just to the north for most of this segment.

Starting location: Chango Coffee House in Echo Park on the southern edge of Elysian Heights

Ending location: Vermont Avenue and Prospect in Los Feliz

Transit: The start of this segment is directly served only by the Echo Park/Pico-Union DASH. However many Metro buses run on Sunset Blvd which is one third mile to the south.

How to get back to start point of this section from the end of this section: Walk one-quarter mile down Vermont to Sunset and take Metro bus 2 or 302 towards downtown. Exit bus at Echo Park and walk one third mile north on Echo Park to Chango Coffee (or give those tired feet a break and ride the DASH from Sunset back to Chango.)

Route overview:

Miles 0-5: (through stairway F19) Here is a magical maze of ridges and valleys that comprise the Echo Park highlands, better known as Elysian Heights. The remote bohemian character of this area belies its geographic proximity to Downtown. Other than two coffee houses, you will find very little here in the way of facilities for the benefit of the passing walker.

Miles 5-9: (through stairway F33) Here you are in that part of the Silver Lake neighborhood east of the lake. Nowhere in Los Angeles will you find more visual references to the old Red Car trolley system. Here find some of the Inman 300's very best stairways including amazing Loma Vista Place (F22). Modernist architect Richard Neutra set up shop here 70 years ago and his personality still breathes through the area. Glendale Blvd provides a variety of refreshment amenities.

Miles 9-14 (through stairway F45) These are the north and west sides of Silver Lake with a detour to catch 2 bridge stairways near the LA River. Affluent and artsy, this is Rudolf Schindler architecture country mixed with side notes of John Lautner and Gregory Ain. The route at times seems ridiculous, descending a sidewall of the lake basin only to climb up again to collect another stairway or two. You will find bathrooms or food in businesses along Hyperion.

Miles 14-19: Leaving the ridges that surround Silver Lake, one stairway takes you back into Sunset Junction just a half mile from where you passed in the previous segment. That is a logistical anomaly created by the dense concentration of stairways in the area. From Sunset Junction, you enter Franklin Hills and a 14 stairway thicket commonly called "Tomato Pie". Every Tuesday, enthusiasts walk this stair-loop from a pizza joint with that name. One more stairway with a wild mural lies on the path to Vermont Avenue. Completing this segment should provide a nice sense of accomplishment.

Food and amenities:

This is a trendy area with plenty of places to stop and eat or get refreshment. The route does have a 5-mile gap after stairway F5 and Fix Coffee before you will find the next accommodation. Riverside, Glendale, Hyperion and Sunset all have businesses that provide a wonderful variety of urban cuisine.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

Red Car right of way, LA River parks and bike paths, Holyland Exhibit (advance reservation required), Neutra Institute Museum and Gallery, Silver Lake meadow and path, Mulholland Fountain, Snow White cottages, Sunset Junction, Shakespeare Bridge, Hillhurst Village

Segment F stairways								<i>split, stub</i>
#	<i>page</i>	<i>stairway</i>	<i>location: top / bottom</i>	<i>zip</i>	<i>steps</i>	<i>grade</i>	<i>direction</i>	<i>or twin</i>
F1	46	Avalon east	1893 Lucretia / 1550 Avalon	90026	192	A	up	
F2	46	Baxter	2101 Park Drive / near 1501 Baxter Street	90026	231	A	down	
F3	46	Curran	1540 Curran / 2403 Valentine	90026	130	A	up	
F4	46	Donaldson west	2200 Lemoyne / 2167 Vestal	90026	25	B	down	
F5	46	Donaldson east	across fr 2202 Princeton / 2174 Echo Park	90026	143	B	up	
F6	46	Preston	2051 Preston / across from 1633 Baxter	90026	39	B	up	
F7	46	Little Fargo	2041 Preston / 1630 Fargo	90026	29	B	down	
F8	46	Ewing east	1711 Ewing / 1963 Preston	90026	25	B	up	
F9	46	Avalon west	1902 Lemoyne / 1907 Vestal	90026	125	A	up	
F10	40	Ewing west	2004 Alvarado / 2003 Ewing	90039	129	B	up	
F11	40	Ewing sidewalk	2137 Ewing / 2161 Ewing	90039	58	C	down then up	twin
F12	40	Fargo sidewalk	2142 Fargo / 2146 Fargo	90039	17	C	down	
F13	40	Cove Allesandro	2265 Lake Shore / 2117 Loma Vista	90039	198	B	up	
F14	40	Oak Glen	2225 Lake Shore / 2034 Oak Glen	90039	58	B	down	
F15	40	Loma Vista Allesan	2265 Lake Shore / 2117 Loma Vista	90039	182	A	up	
F16	40	Fellowship Park	1831 Cerro Gordo / 2365 Fellowship Pk	90039	162	A	down	
F17	40	Landa-Wolcott	1926 Walcott / 2359 Landa	90039	146	B	up	
F18	40	Peru	2378 Peru / 2366 Peru	90039	114	B	down	
F19	40	El Moran	near 2032 El Moran / 2066 El Moran	90039	95	B	down	

Segment F stairways		<i>(continued)</i>						<i>split, stub</i>
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
F20	34	Corralitas	across fr 2611 Corralitas / 2463 Corralitas	90039	133	B	up	
F21	34	Earl	2104 Roselin / Silver Lake Court	90039	218	A	up	
F22	34	Loma Vista Pl	2384 L.V.Place/2220 Allesandro	90039	348	A	up then down	
F23	34	Edendale	2248 Edendale / 2258 Fair Oak View Terr	90039	147	B	up	
F24	26	Apex	2130 Apex / corner Glendale Bl & Apex	90039	19	C	up	
F25	26	Mattachine(Cove)	2331 Cove Ave / 2335 Cove Ave	90039	164	A	down	
F26	34	Hidalgo	2470 Hidalgo / 2221 Electric	90039	82	B	down	
F27	34	Silver Lk Av(U)	2484 Silver Ridge / 2501 Lake View	90039	77	B	down	
F28	34	Silver Lk Av(M)	2480 Lake View / Red Car Property	90039	31	B	down	
F29	34	Silver Lk Av(L)	Red Car Property / 2112 Silver Lake Ave	90039	30	C	down	
F30	34	Roselin	2104 Roselin / Silver Lake Court	90039	98	C	up	
F31	34	Adelburt	across fr 2100 Roselin / 2566 Lake View	90039	35	B	down	
F32	34	Red Car Viaduct	Red car path / near 2500 Riverside	90039	64	B	up	
F33	34	Waverly Drive	2601 Waverly Dr/ Red car path	90039	45	B	up	
F34	26	Ivan Hill lower	2615 Ivan Hill Terr / 2617 Glendale Blvd	90039	56	B	up	
F35	26	Ivan Hill upper	2605 Ivanhoe Dr / 2626 Ivan Hill Terr	90039	156	B	up	
F36	82	Hyper-Riverside	3101 Waverly/3100 Riverside	90039	62	B	down	
F37	82	Hyper-Glendale	top:bridge deck-northbound side	90039	39	C	up	
F38	18	Tesla Avenue	2358 Moreno Dr / 2421 Kennilworth	90039	111	B	down	
F39	18	Moreno Drive	2200 Moreno / 2201 W.Silver Lake Blvd	90039	73	B	up	
F40	18	Lanterman Terr	2423 Lanterman / 2366 Panorama Terr	90039	51	B	down	
F41	18	Tracy Street	2321 Meadow Valley / 2424 Griffith Pk	90039	23	C	down	
F42	18	Meadow Valley	Acr fr 3328 Fernwood / 2009 Meadow Vly	90039	93	B	up	
F43	18	Upper Esther's	3541 Landa / 3633 Landa	90039	155	A	down	
F44	18	Lower Esther's	3701 Landa / near 1843 Lucille	90039	92	B	down	
F45	18	Landa sidewalk	in front of 3729 Landa	90039	19	C	down	
F46	60	Manzanita St.	4043 Sunset / 1119 Manzanita	90026	40	B	down	
F47	68	Sanborn	1575 Sanborn / Ac from 4001 Clayton	90027	41	B	down	
F48	68	Prospect walk (L)	1811 Deloz / near 3976 Prospect	90027	57	A	up	
F49	68	Prospect walk (M)	1801 Holly Vista / 1740 Deloz	90027	71	A	up	
F50	68	Prospect walk (U)	3814 Franklin / 1800 Holly Vista	90027	167	A	up	
F51	68	Radio Walk (U)	3860 Franklin / 1848 Holly Vista	90027	126	B	down	
F52	68	Radio Walk (L)	1849 Holly Vista / 1856 Deloz	90027	97	B	down	
F53	68	Shakespeare Bdg	3970 Franklin / 2056 Sanborn	90027	85	B	up	
F54	68	Radio Walk East	2342 Lyric / 2413 Claremont	90027	110	B	down	
F55	68	Scotland Street	2232 Lyric / 2301 Hyperion	90027	137	B	up	
F56	68	Udell Minor	1982 Mayview / 3870 Udell	90027	39	B	down	
F57	68	Udell Major	2040 Mayview / 3838 Udell Court	90027	206	B	up	
F58	68	Clayton Avenue	3819 Clayton Ave / 3915 Clayton Ave	90027	36	B	up then down	
F59	68	Cumberland Ave	3884 Clayton Av / 3953 Cumberland	90027	126	B	down	
F60	68	Sunset Drive	3626 Sunset Dr / Ac from 1427 Sanborn	90027	43	B	down	
F61	68	Hoover Walk	4338 Prospect / 1654 Hoover	90027	37	B	up	splits

Segment G:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.k8twwPffPMcc

Distance: 20.0 miles **Elevation gain:** **** (approximately 4000 feet)

Neighborhoods: Los Feliz, The Oaks, Bronson Canyon, Beachwood Canyon, Hollywood Dell, Whitley Heights, Hollywood Heights, Cahuenga Pass, Hollywood Hills, Hollywood

Characteristics: Segment G is the Hollywood Hills. There are not so many stairway redirects but your progress west is impeded by repeated, enjoyable diversions into the Santa Monica Mountains looking for stairways. 19 miles of walking still only gets you 4 miles further west as the crow flies. You walk up a canyon, then walk over a fold of a ridgeline to get to the next one...then repeat. As close as you are to central Hollywood, this section has the fewest traffic signals; markets, cafes and bathrooms will be the hardest to locate. This area is upscale; much of the scruffiness of the central core has been left behind. Compared to the other 10 segments, "G" has about an average amount of stairways (34) but the number of steps per stairway is much greater than "B" through "E". Some of the most memorable stairways of the entire route will be found here.

Starting location: Vermont Avenue and Prospect in Los Feliz

Ending location: Sunset Blvd. at Fairfax in West Hollywood

Transit: The start of this segment is near the Vermont/Sunset Red Line station and at a bus stop for the 180, 181 and 780 buses from Hollywood or from Pasadena. Also the 206 & 217 buses.

How to get back to start point of this section from the end of this section: Take the Metro 2 or 302 bus running east on Sunset. Exit at Vermont and walk north one quarter mile to Prospect. Metro 780 coming north on Fairfax Monday-Friday would take you directly to Vermont/Prospect.

Route overview:

Miles 0-4: (through stairway G6) This is the Los Feliz neighborhood and the nearest you come to Griffith Park on your walk. Leaving a pleasant commercial zone, Vermont Canyon takes you near the park entrance before you branch left through a residential area that is dominated by Frank Lloyd Wright's Ennis House and is home to four unique stairways. West on Los Feliz takes you to the Ferndell entrance to Griffith Park and two more stairways nearby.

Miles 4-6 (up to the top of stairway G11) You've left Mocoahuenga Canyon (above Western) and stairway G6 has delivered you to the Oaks neighborhood. Here you are skirting along the east edge of Bronson Canyon before descending into it. Then you will be climbing up to and following the ridgeline between Bronson and Beachwood canyons. The streets are intimate and the four stairways here are discrete. Nowhere on the Inman 300 do you need to pay more careful attention to your turns than between stairways G6 & G7 and later between stairways G10 and G11.

Miles 6-8: (stairway G11 through a bit beyond G16) Beachwood Canyon is one of the very best sections of the Inman 300 for its residential character, its isolation and for its set of six magnificent stairways. You will likely want to stop at Beachwood Village immediately after entering the canyon via G11 since it is the first market or bathroom along the segment after almost seven miles. This is “Hollywoodland” and you need watch out for confused tourist looking for a way to the sign as you weave through narrow lanes with no sidewalks.

Miles 8-10: (to Cahuenga, just prior to stairway G19) This is transition zone still walking on very interesting streets. You have to come way south towards Hollywood via lower Beachwood to get 2 stairways. Then west across the Hollywood Dell neighborhood. After all the quiet isolation, prepare for a shock as you arrive to the noise of Cahuenga Blvd and the 101 Freeway.

Miles 10-13: (stairway G19 through G32 then back to Cahuenga Blvd) This is the Hollywood Bowl area including the neighborhoods of Whitley Heights and Hollywood Heights. It lies either side of the 101 Freeway and busy Highland Ave. There are 13 stairways here. Andrew Lichtman is the co-inventor of the idea of the Inman 300 and he likes to call this series, “the maze”. This whole zone is a worthy destination for any visitors at any time but you are not likely to have much company. In this area you need to consider that the next bathroom will not come until mile 15. Read below.

Miles 13-16: (up to the top of stairway G34) For two miles, this is not much fun. Cahuenga Pass is an historic and vital notch but it has been reengineered with only the automobile in mind. You will be hugging the right or east side of the approach, sometimes with no sidewalk, as cars plod or wiz by. Eventually the Mulholland Bridge takes you to more safety and you walk down one stairway and up another. A variety of businesses between stairways G33 and G34 are available to take a break.

Miles 16-19: Now you are climbing on some remote narrow streets back over the crest of the Santa Monica Mountains. Soon after the high point, you typically would use Runyon Canyon trail but it will be closed to the public from spring to mid-summer 2016. The temporary substitute route follows small looping streets down Nicholas Canyon to eventually get to Sunset and Fairfax.

Food and amenities:

Choices are very limited so plan ahead. There is always home improvement in this area and a construction porta-potty might be useful. Otherwise you need to aim for Beachwood Market at mile 6.3 (bathroom inside- ask politely and buy something). It might be prudent at mile 10.5 to go to Solar de Cahuenga cafe (800’ south off route before doing stairway G21). All the bathrooms along Highland Avenue near the Hollywood Bowl have limited days and hours as explained on the map. At mile 15.5 you will find a Starbucks.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

Barnsdall Park with FL Wright’s Hollyhock House, Ferndell, American Film Institute, Franklin Village, Beachwood village, proximity to the Hollywood sign, Hollywood Heritage Museum, Yamashiro Restaurant, Hollywood Bowl & Museum, Runyon Canyon, Wattles Garden Park. Hollywood Blvd (Walk of fame, Musso & Franks, Dolby Theater, etc) are 1/3 mile off the route.

Segment G stairways								<i>split,stub</i>
#	page	stairway	location: top / bottom	zip	steps	grade	direction	or twin
G1	184	Lower Glendowr	4800 Bryn Mawr / 2543 Glendower Ave	90027	74	A	up	
G2	184	Upper Glendowr	2763 Glendower Ave / 4800 Bryn Mawr	90027	133	A	up	
G3	184	Glencairn	4811 Glencairn Rd / 4749 Bonvue Ave	90027	70	B	down	
G4	184	Berendo	4796 Bonvue Ave / 4803 Cromwell Ave	90027	181	A	down	splits
G5	184	Western Ave	Near 2101 N. Western Avenue	90068	49	B	down	
G6	184	St. Andrews	5680 Tryon Rd / 1950 N. St. Andrews Pl	90068	153	B	up	splits
G7	192	Argosy Way	5818 Tuxedo Terrace / 2424 Argosy Wy	90068	51	B	down	
G8	192	Foothill	2241 Hollyridge Dr / 5951 Foothill Dr	90068	61	B	up	
G9	192	Hollyridge Loop	2300 Hollyridge Dr / 2178 Hollyridge	90068	72	B	up	
G10	192	Allview	acr fr 2332 Allview Terr / 2333 Hollyridge	90068	67	B	up	
G11	192	Pelham	2823 Pelham Place / 2744 Westshire	90068	149	B	down	
G12	192	Westshire	2935 Westshire Dr / 2810 Beachwood	90068	143	A	up	
G13	192	Hollyridge	3057 Hollyridge Dr / 3020 Beachwood	90068	178	B	down	
G14	192	Woodshire double	2950 Belden Dr / near 1815 Beachwood	90068	148	A	up,repeat,dn*	
G15	192	Belden	2872 Belden Dr / 2795 Woodshire Dr	90068	124	B	up	
G16	192	Durand	2954 Durand / 2917 Belden	90068	118	B	up	
G17	192	Holly Mont	6214 Holly Mont / 2071 Vista Del Mar	90068	61	B	up	splits
G18	192	Vine Way	2100 Alcyona Dr / 6282 Vine Way	90068	47	B	down	
G19	200	Whitley / Iris	6813 Iris Circle / 6814 Whitley Terrace	90068	27	B	up	
G20	200	Iris Place	6825 Iris Circle / 6831 Iris Drive	90068	44	B	up then down	
G21	200	Holly Hill	1970 N. Grace Ave / 2010 Holly Hill Terr.	90068	31	gated	up	"213"
G22	200	Las Palmas	6684 Bonair Place / 6689 Emmett Terr.	90068	53	gated	up	"135"
G23	200	Whitley Terrace	6666 Whitley Terr / 6640 Milner Road	90068	160	A	up	
G24	200	Mary Jackson	2044 Grace Ave / near 6687 Whitley Terr	90068	25	B	down	
G25	200	Wedgwood Place	6754 Wedgewood / 2133 Fairfield Av	90068	69	gated	down	"213"
G26	200	Los Altos East	2164 Rockledge Rd / 2112 High Tower Dr.	90068	10	C	down	
G27	200	Lower Paramount	2032 Glencoe Way / 2033 High Tower Dr	90068	103	B	up	
G28	200	Glencoe Way	1997 Glencoe Way / 1983 Glencoe Way	90068	54	B	down	
G29	200	Upper Paramount	2030 Paramount Dr / 2039 Glencoe Way	90068	110	B	down	
G30	200	Los Altos West	2067 Broadview Terr / 2131 High Tower Dr	90068	23	B	up	
G31	200	Broadview Terr	2187 Broadview Terr / 6889 Yeager Place	90068	89	A	up	stub
G32	200	Alta Loma Place	2186 Broadview Ter / 6836 Alta Loma Pl	90068	88	A	down	
G33	200	Oakcrest Drive	7001 Woodrow Wilson / 3113 Oakcrest Dr	90068	83	B	down	
G34	200	Adina-Passmore	3012 Passmore Dr / 3335 Adina Drive	90068	146	B	up	

Segment H:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kWBxin5ZykK8

Distance: 22.6 miles **Elevation gain:** * (approximately 2000 feet)

Neighborhoods: West Hollywood, Beverly Hills, Century City, Holmby Hills, Westwood, Sawtelle, Brentwood, Pacific Palisades, Castellammare

Characteristics: This is the cross-town segment and is a big change from the previous six. At the western-most, you will be on the Pacific, eleven straight line miles from where you started. The segment has only thirteen stairways; the first does not arrive until almost seven miles and nine come after nearly 14 miles. Much of the boulevard mileage across the Westside is interesting and your legs will be invigorated as they detect a subtle downhill cant almost the entire way.

Starting location: Sunset Blvd. at Fairfax in West Hollywood

Ending location: Chautauqua Blvd. at Pacific Coast Hwy in Pacific Palisades

Transit: The start of this segment is serviced by the Metro 2, 302, 780 and 217 buses

How to get back to start point of this section from the end of this section: Take Big Blue Bus Line #9 from Entrada Dr. and PCH towards "Pacific Palisades". Get off that bus at Chautauqua and Sunset Blvd. Take the Metro 2 or 302 back to Fairfax and Sunset.

Route overview:

Miles 0-7: (through Santa Monica and Westwood including stairways H1-H4) West Hollywood, Beverly Hills, and Century City pass by as you walk primarily on Santa Monica Blvd. Other than a few blocks of affluent residences in Holmby Hills, this is an environment of wide boulevards, office buildings, apartment towers, restaurants and clubs. It is visually very interesting and walking it gives you a sense of superiority to the drivers who are stressing out over this drive. Beverly Hills even provides long stretches of shaded dirt or gravel pathway.

Miles 7-11: Includes stairway H5 (up to your connection to Sunset Blvd at Allenford in Brentwood) Starting in a very dense urban zone one half mile from the UCLA campus, this stretch is not at all enjoyable for a mile and a half as you pass all the 405 freeway connections and a very congested area. Soon after that, the noise and congestion settle down along San Vicente. There are restaurants and shops and you can walk a path in the grassy median if you like. It is a popular place for runners and dog walkers and is a relic of a trolley right of way.

Miles 11-13: (to Palisades Village and just prior to stairway H6) Sunset Blvd is your path of travel for most of the remaining distance to the coastline and it is not always your friend. It is not currently built with pedestrians in mind. There is separation from the traffic generally only on one side of the street. This is a zone without markets or businesses, only residences. You are aware of Rivera Country Club on your left and the Will Rogers State Historic Park on your right.

Miles 13-17: (to Sunset and Los Liones) Palisades Village is a relief. There is street life again after all those quiet homes, there are good choices for refreshment, you get to depart from Sunset for

almost 2 miles walking and there are stairways to tackle. Once you return to Sunset, you need to be very careful on the crossing to pick up stairway H8 which is isolated off to your left. Not long after that, the ocean is in view and the Self Realization Lake Shrine is a beautiful diversion if you are there on the right day and time.

Miles 17-19: (to Sunset and Pacific Coast Highway) A Santa Monica Mountains trailhead up the street may beckon but our route stays on streets to get up into the Castellammare neighborhood the back way. This little area is one of the jewels of the entire route with spectacular views, narrow winding streets, homes with great character and five stairways. The confluence of Sunset into Pacific Coast Highway is a symbolic location for Los Angeles. It also signifies that the Inman 300 can go no further west. Time to start south.

Miles 19-21: This is a transition zone to get the route set up for the next segment. Walk entirely on the right between the highway and Will Rogers Beach. At times you are in a narrow spot behind a traffic barrier, at times you are going across driveways and parking lots and at times you are on ocean bike path. If tides are very low, you might prefer to walk the whole bit down to Chautauqua on beach sand. Finally, cross under PCH via a pedestrian subway to Patrick’s Roadhouse and other businesses on the inland side of PCH between Channel and Entrada.

Food and amenities: Just because you spend so much time on major boulevards in this segment does not guarantee that you will always have an affordable place to grab a snack, get cold water or use a bathroom. The mile and half of Beverly Hills between Doheny and Wilshire won’t give you much unless you walk out of your way. There is 9-mile stretch mostly on Sunset between San Vicente and Pacific Coast. You need to make a point of using a business in Palisades Village (between La Cruz and De La Paz) to attend to your needs before moving on.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

Sunset Strip, Laugh Factory, House of Blues, West Hollywood, Barney’s Beanery, the Troubadour, Rodeo Drive, Beverly Hills Farmers Market Sundays, Wallis Annenberg Center, Will Rogers Historic Park, the Lake Shrine and Temple, Gladstone’s, Will Rogers Beach.

Segment H stairways								<i>split, stub</i>
#	<i>page</i>	<i>stairway</i>	<i>location: top / bottom</i>	<i>zip</i>	<i>steps</i>	<i>grade</i>	<i>direction</i>	<i>or twin</i>
H1	n/a	Warnall Avenue	by 10301 Santa Monica	90025	12	C	down	
H2	n/a	Fox Hills Drive	10277 Orton / ac from 10277 Olympic	90067	51	B	up	
H3	n/a	Balsam Avenue	2170 Balsam Av / 10565 W. Olympic	90064	26	C	up	
H4	259	Thayer Avenue	10506 Little Sta Monica/10495 Sta Monica	90025	39	C	down	
H5	n/a	Barrington alley	In alley behind 1410 S. Barrington Ave	90025	35	C	up	
H6	208	Carthage Street	677 Via de la Paz / 670 Haverford	90272	61	B	down	
H7	208	Bowdoin Street	773 Via de la Paz / 800 Haverford	90272	59	B	up	
H8	208	Arno Way	242 Aderno Way / 300 Arno Way	90272	117	B	up	
H9	208	Posetano	17496 Revello / 17445 Posetano	90272	122	A	down	
H10	208	Upr Castellammare	top: 17606 Posetano	90272	69	B	up	
H11	208	Breve Way	17718 Revello / 17703 Castellammare	90272	91	B	down	
H12	208	Revello	17804 Castellammare / 17737 Porto Marina	90272	86	B	down	
H13	208	Lw Castellammare	17575 Castellammare / 17580 P.C.H.	90272	75	A	down	

Segment I:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kKWHk9HH1k-k

Distance: 21.7 miles **Elevation gain:** ** (approximately 2700 feet)

Neighborhoods: Rustic Canyon, Santa Monica Canyon, Santa Monica, Venice, Mar Vista, Palms, Culver City, Westchester, El Segundo

Characteristics: Segment I always stays within 5 miles of the ocean and concerns about a hot walking day are pretty much behind you. Unless the marine layer is in, you'll be getting a lot of sun. This segment has some of the very best of the Inman 300 and a couple of bits that you will want to forget. There are 23 stairways with a healthy average of 84 steps each; however upon reaching mile five, you will have already done 16 of them. Far different than say Mt. Washington or Elysian Heights, there is very little hill climbing in this segment unless that hill is to be climbed solely by stairway. You are definitely in southbound mode here and will be 8 miles further south when the segment is done. From Santa Monica to LAX is one of the most intensely busy and congested corridors in the city. Except for the spots on small streets, you will be walking in the teeth of that chaos.

Starting location: Chautauqua Blvd. at Pacific Coast Highway in Pacific Palisades

Ending location: Aviation Metro Green Line Station (Aviation at Imperial Hwy), El Segundo

Transit: The start of this segment is serviced directly by the Santa Monica Big Blue Bus line 9 with the closest stop being PCH and Entrada Drive.

How to get back to start point of this section from the end of this section: From the Green Line station, locate the stop for Santa Monica Big Blue Bus Route 3 north to Santa Monica. Near Santa Monica Blvd and 4th Street, transfer to Big Blue route 9 towards Pacific Palisades and exit at Entrada and PCH.

Route overview:

Miles 0-3: (up to reaching the beach after stairway I12) This has some of the prettiest residential streets and some of the best stairways along the entire route. This is the area that 300 pioneer Liz "Snorkel" Thomas picked as her highlight when talking about her experiences. The stairways are all special and most are easy to walk right past without noticing. Stairways I8&9 are famously kept in constant use by the self-appointed "beautiful people".

Miles 3-5: (to the Santa Monica pier) Start with beach walking along bike path then perform a fun and lovely up-down-up on stairways I13-15 from PCH to Palisades Park above. A fourth stairway in this lineup is closed for road reconstruction of the California Incline and will be added when the work is done. There are wonderful attractions just within reach in Santa Monica to distract you.

Miles 5-8: (to the eastern edge of the Venice neighborhood halfway between stairways I18 and I19) There is almost a mile and a half south of the Santa Monica Pier on pathways before the Venice Boardwalk makes its obvious impression. A half mile of that action is probably more than enough when you will turn inward by the Starry Night mural. Now you are on a sequence of walk

streets. The ones to the ocean side of Main St. are interesting and even present a 10-step stairway. The walk streets inland of Abbot Kinney are exquisite. Throughout this 3 mile section there is artistic personality almost everywhere you look.

Miles 8-13: (up to stairway I22 in Palms) One of the logistical challenges of the “way of the stairs” at this point is that, having reached and stayed along the Pacific coast, you need to leave it and go nearly 5 miles northeasterly inland to collect 4 stairways in that direction. Mar Vista is pleasant enough with breezy streets of solid, sometimes lovely homes. Stairway I20 is delightful for the active local use that it gets and for great views far to the mountains northeast. On the west side of the 405 freeway you find a nice regional park with good facilities. On the east side of the 405 is a cluster of welcome market/food choices that are well timed since you are just past the halfway point for the segment. Palms brings lots of apartment buildings and the cute Westside Heights neighborhood above stairway I21.

Miles 13-18: (to just before stairway I23 in Westchester) This is boring stuff. Culver City is a beautiful and dynamic city but our route misses their good parts. The short stretch of Ballona Creek bike path and a pretty foot bridge ease the dullness for a little bit. Then, walking south of there on Jefferson and Sepulveda is about as bad as it gets, not just for this segment but for the entire route. Be thankful when you see and go under the 405 Freeway for the 3rd and final time.

Miles 18-21: Transitional zone for sure. I23 was the only stairway in 13 miles between Palms and Manhattan Beach. Then you are just walking straight flat lines to get around the airport. If you get excited by watching big jets fly by overhead, then the tedium will be somewhat reduced.

The Gutierrez optional route: This relates to the end of Segment I and the beginning of Segment J. Inman 300 finisher Dan Gutierrez is a local walking enthusiast who devised a method to capture 2 additional stairways in 2.4 additional miles. If you are not relying on transit or not finishing your walking day where Segment I is shown to end on the maps, then Dan's variation is just as good, perhaps better, than our original route. Since it would add an additional bus connection each day to and from a more remote location, the option might not be the best choice for someone who is doing one full segment a day and is not automobile supported. The details are illustrated on the maps.

Food and amenities: Segment I never goes very long without a chance at a beach or park bathroom or a market or some fast food. Santa Monica, Venice and Culver City each has great eateries if you want to go a bit off route to find something better.

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest. This section walks past or within ¼ mile of:*

Palisades Park, Third Street Promenade, Santa Monica Farmers Market Arizona Street (Weds & Saturday), Santa Monica pier, Santa Monica Farmers Market Ocean Park (Sunday), Venice Boardwalk, Venice murals, Venice canals (one half mile distant), and Gregory Ain Mar Vista Tract. The best of Culver City is one mile left; the LAX terminals lie .75 to 1.25 right of the route.

Segment I stairways							
#	page	stairway	location: top / bottom	zip	steps	grade	direction
I1	212	Hillside Lane	390 Vance / 419 Hillside	90272	88	B	down
I2	212	East Rustic-Mesa	491 Mesa / 544 E. Rustic	90402	61	B	up
I3	212	Sycamore-Mesa	401 Mesa / 400 Sycamore	90402	48	B	up
I4	212	Upper Mesa	407 Upper Mesa/404 Mesa	90402	201	A	up
I5	212	Sumac Lane	309 Amalfi / 323 Sumac Ln.	90402	124	B	down
I6	212	Sage Lane	271 Amalfi / 320 Mesa	90402	124	B	down
I7	212	Attila Road	460 Entrada / 14100 Attila	90402	25	C	up
I8	212	Adelaide Wood	526 Adelaide / 421 Entrada	90402	166	A	up
I9	212	4th Street	406 Adelaide / 350 Entrada	90402	189	A	down
I10	212	Ocean Avenue	Between 262&350 Ocean Av	90402	79	B	up then down
I11	212	Mabury	249 Mabury / 278 Entrada	90402	79	B	down
I12	212	Ocean Way	99 Ocean Way / 14700 PCH	90402	48	B	down
I13	212	Montana Ave	Montana+Ocean / 723 Palisades Beach	90402	169	A	up
I14	212	Arizona Ave	Arizona+Ocean / 1268 PCH	90401	111	B	down
I15	212	Santa Monica	1415 Ocean / nr 1425 P.C.H.	90401	85	B	up
I16	n/a	Moomat Ahiko	Moomat Ahiko Wy / 1613 Appian Wy	90401	22	C	down
I17	n/a	Seaview Terrace	1760 Ocean / near 1751 Appian Way	90401	38	B	up
I18	220	Wave Crest Ave	Wave Crest pathway / 1101 Main	90291	10	C	down
I19	220	Appleton Way	3428 Beethoven / 12900 Appleton Way	90066	30	B	up
I20	259	Mar Vista	3296 Indianapolis / 3297 Granville	90066	97	A	down
I21	230	Palms	10830 Kingsland / 10825 Rose	90034	73	B	up
I22	n/a	Valpariso Street	10634 Valpariso / ac from 3201 Overland	90034	22	C	down
I23	259	Westchester	5915 Abernathy / 5868 W. 76th St.	90045	40	B	up
A		West Bluff	8002 Rayford/by 7401 W.Coastal View	90045	23	C	down
B		Playa del Rey	381 Pershing / 346 Culver	90293	41	B	down

Segment J:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kMwicqqD9NvQ

Distance: 22.6 miles

Elevation gain: *** (approximately 3600 feet)

Neighborhoods: El Segundo, Manhattan Beach, Hermosa Beach, Redondo Beach, Torrance, Palos Verdes Estates, Malaga Cove, Lunada Bay, Rancho Palos Verdes

Characteristics: Segment J has many miles and much elevation gain as it gets us 12 miles further south. After 4 miles, the coastline is tantalizingly close but mostly out of view. After 10 miles you are right on the bay or looking down on it for most of the balance of the segment. You will walk along a lot of small and wealthy streets; you will walk on or around a soft pedestrian trail, you will walk on paved beachside pedestrian lanes, you will walk on beach sand. You go 13 miles without a traffic signal. It is a joyous dance with lower Santa Monica Bay and hopefully it will erase some of the unpleasant memory of the 2nd half of Segment I. The segment has 29 stairways, about 1700 steps, which arrive in three clusters at about mile 4, mile 13 and mile 19.

Starting location: Aviation Metro Green Line Station (Aviation at Imperial Hwy), El Segundo

Ending location: Crest Road at Hawthorne Blvd., Rancho Palos Verdes

Transit: The start of this segment is serviced by the Metro Green Line light rail and by Santa Monica Bus route 3.

How to get back to start point of this section from the end of this section:

Take Metro bus 344 north to Pacific Coast Highway. Then take Metro bus 232 towards the LAX Transit Center but exit before that at the Mariposa Green Line Station. Then wait for a Green Line train to shuttle you one stop to Aviation Station.

Route overview:

Miles 0-3: (to Rosecrans and Sepulveda) We are still in transition zone as a carry-over from segment I. Here you will find long blocks of airport or aerospace related businesses and a whole lot of chaotic retail that stays well segregated from the wealthy residential enclave coming up.

Miles 3-6: (up to stairway J12) There is sudden transition as we disappear behind an electronics store to the start of a long wood chip walking path built over an old railway route. Five of the stairs are small ones that provide access to the walking path where it is above or below grade. Four stairways off to the right are longer and connect to little streets which dead-end against an escarpment. These four stairways connect to parkland at their base which might foster debate as to their classification. Along the entire Inman 300, stairs simply found in parks and ceremonial locations don't make the list. Here walking through the park does not lessen the street to street utility but does leave you subject to nighttime closing. If they were not there, you'd have to go way out of your way to find some automobile street. The sea is in view nearby at the top of these four stairs.

Miles 7-9: (up to the end of the Veterans Parkway at Herondo) You pass from the town of Manhattan Beach to Hermosa Beach to Redondo Beach but you remain inland almost entirely on the old rail bed that has been converted to a wonderful footpath. At times you are above grade on one side and below grade on the other, at times you are entirely above or below grade. Ardmore on the left and Valley on the right will be busy streets at rush hour but otherwise this is relaxing walking as you just have to remember to pick up the three remaining stairways in this area. Go off the path down J13, walk on Valley to locate and go back up to J14, go down J15 and return to the Greenway immediately on the adjacent ramp.

Miles 9-13: (up to the top of the path into the Malaga Cove community) The parkway ends and you finally head straight for the coastline but the approach path is not grand as you need to walk alongside a power plant and then through the disorganized Redondo Beach pier-marina area. At mile 10 of the segment, there are some food options although the area is a bit touristy. You really should add a quarter mile to the route by going out on the “rainbow” fisherman’s pier which loops back to the bike path without backtracking. The uplands of the Palos Verdes peninsula where you are heading get more distinct. Leaving the end of the pier zone by Barney’s Beanery, you could leave pavement and opt to follow the hard beach sand for a couple of miles. By the end of the bike path at “Perry’s” you have no choice but to walk out on the sand along Rat Beach for half a mile to the bottom of the obvious path that climbs up to the Malaga Cove area of Palos Verdes.

Miles 13-16: (after J22, the end of the Malaga Cove stair set) Seven stairways (including two that are great, three so-so), a nice dirt trail, luxurious homes, a themed Mediterranean village and spectacular views over the Santa Monica Bay make this one of the best sections of the entire route. Enjoy a break at the market or a café in the plaza. Views behind you give good testimony of all the distance that has been walked to get here.

Miles 16-18: (to Lunada Bay Plaza) This is a two mile transition from the Malaga Cove stair group to the Lunada Bay stair group. Palos Verdes Drive West is not too much fun walking next to passing cars. Soon you can walk off to the right of the main traffic lane. Then not long after you are forced back onto PV Drive West, you can walk up the pathway in its wide median.

Miles 18-22: Take a break in Lunada Bay Plaza because there will be no other opportunity for food or bathroom. Stairways J23-J27 are not particularly memorable but the views west over the ocean are grand. J28 is a new stairway that is artfully built into a path that connects to the street. Then you walk a mile to get to J29 which is one of the most outstanding of the entire Inman 300. Waiting for you on top is 1.5 miles of climbing that is, for want of a better phrase, unfortunate. The neighborhood is nice but the route is just a dull, uphill grind with no better options. The grocery store at Hawthorne offers coffee, bathrooms and the bus stop.

The Gutierrez optional route: This relates to the end of Segment I and the beginning of Segment J. Inman 300 finisher Dan Gutierrez is a local walking enthusiast who devised a method to capture 2 additional stairways in 2.4 additional miles. If you are not relying on transit or not finishing your walking day where Segment I is shown to end on the maps, then Dan's variation is just as good, perhaps better, than our original route. Since it would add an additional bus connection each day to and from a more remote location, the option might not be the best choice for someone who is doing one full segment a day and is not automobile supported. The details are illustrated on the maps. For Segment J, the sequence that you take stairways J1-J5 is altered since you are approaching from the northwest, not the northeast.

Food and amenities: Segment J is generally user friendly so far as having opportunities for food or bathrooms. There are park bathrooms available by stairways J3 and J8 and there is a grocery store after 6 miles just past J12. The pier at 10 miles has food options and bathrooms continue to line the bike path after that. You want to patronize the Malaga Cove market since it also has a bathroom and a sandwich counter. You would be foolish not to stop at the gas station or restaurant in Lunada Bay plaza because there are five miles with zero facilities after that.

Tourist stops: Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest.

Segment J is really all about the coastline culture, beach and piers. That is why tourists would come here. There is a museum in Hermosa Beach at Pier, 400 feet left of the walking route. In Malaga Cove, the design history of the plaza, library, school and fountain as well as La Venta Inn is a tourist attraction in its own right. The Dominator shipwreck site is a Lunada Bay attraction.

Segment J stairways							
#	page	stairway	location: top / bottom	zip	steps	grade	direction
J1	n/a	Ardmore/Flournoy	acr from 2204 Ardmore/Veterans Pkwy	90266	12	C	down
J2	n/a	Valley/Flournoy	Veteran's Pkwy / acr from 2151 N. Valley	90266	38	C	down
J3	258	32nd street	476 32nd Street / near 553 31st Place	90266	208	B	up
J4	258	30th Street	476 30th St / near 563 29th Street	90266	162	B	down
J5	n/a	Valley/Blanche	Veterans Pkwy / near 2100 N. Blanche	90266	27	C	up
J6	n/a	Ardmore/19th St.	near 528 19th Street / Veterans Pkwy	90266	24	C	down
J7	n/a	Valley/20th Place	Veterans Pkwy / Valley@20th Place	90266	14	C	down
J8	n/a	19th St/Live Oak	405 19th Street / Live Oak Pk Park	90266	58	B	up
J9	n/a	19th St/Highland	19th Street at Highland	90266	13	B	down
J10	n/a	18th St/Highland	18th Street at Highland	90266	21	B	up
J11	n/a	18th St/Live Oak	400 18th Street / 408 17th Street	90266	45	B	down,up,dov
J12	n/a	17th Street	408 17th St / near 1653 Valley	90266	23	C	down
J13	n/a	Valley/4th Place	Veterans Pkwy / near 549 Valley	90266	22	C	down
J14	n/a	Valley/Francisco	Veterans Pkwy / near 532 Francisco	90266	15	C	up
J15	n/a	Hermosa Vly Sch	Veterans Pkwy / 1529 Valley	90254	26	C	down
J16	238	Arroyo Path	415-445 Palos V Dr W / 440 Via Almar	90274	35	B	up
J17	238	Chico Path	2501 Via Ramon / 2500 Via Pinale	90274	28	B	up
J18	238	Buena Path	601 Via del Monte / 396 Palos V Dr West	90274	125	B	up
J19	238	Somonte Trail	Across fr 824 V.Somonte/708 V.del Monte	90274	87	B	up
J20	238	Arriba Path	1701 Via Arriba / trail junction	90274	141	B	down
J21	238	Aromitas Path	501 Palos V Dr West / 452 Via Almar	90274	20	C	down
J22	238	Chino Path	549 PV Dr West / 552 Via Almar	90274	26	B	up
J23	242	Via Romero Strs	Nr 1201 V. Romero / nr 1001 V.Ventana	90274	87	B	up
J24	242	Sanchez Path	Nr 1364 Via Romero / 2540 Via Sanchez	90274	22	B	down
J25	242	Valdez-Zumaya	1325 Via Zumaya / 2640 Via Valdez	90274	38	B	up
J26	242	Olivera-Valdez	2633 Via Valdez / 2648 Via Olivera	90274	10	C	down
J27	242	Carrillo-Zumaya	1136 Via Zumaya / 2624 Via Carrillo	90274	55	B	down
J28	242	Lunada Canyon	2801 Via Buena / Lunada Canyon trail	90274	114	A	up
J29	242	Pt Vicente Pthwy	30621 Calle d Suenos/30724 Rue d l Pierre	90275	217	A	up

Segment K:

Google map: https://www.google.com/maps/d/edit?mid=zJQx8hA87t_c.kkTcTs0T6UVI

Distance: 16.2 miles Elevation gain: * (approximately 1400 feet)

Neighborhoods: Rancho Palos Verdes, Rolling Hills Estates, Miraleste, San Pedro

Characteristics: Segment K is the gravy. The visuals after the first 1 ½ miles are interesting when not beautiful. The segment is mostly downhill. A fourth of this section is on dirt trail. There are only 12 stairways and the only long one is taken downwards. Through mile 8, this segment takes place in hilly and horsy suburban towns of the Palos Verdes Peninsula. The other half is walking the length and breadth of the marvelous Los Angeles neighborhood of San Pedro.

Starting location: Crest Road at Hawthorne Blvd., Rancho Palos Verdes

Ending location: Cabrillo Beach, San Pedro

Transit: The start of this segment is serviced by the Metro bus 232.

How to get back to start point of this section from the end of this section: Metro bus 246 north from Pacific at 36th Street – about 3/10 mile from the end of walk to the Harbor Gateway Transit Center. Here board Metro bus 344 at its origin to go back south to Crest and Hawthorne.

Route overview:

Miles 0-4: (to the trail entrance by Crenshaw and Silver Spur) The segment starts at the Ralphs Market at around 940' elevation and climbs almost 300' more before descending for the balance. The walk on Hawthorne is boring. An option via the bridal paths described on page 246 in *Finding Los Angeles by Foot* is nice but adds a mile plus. Five stairways you encounter are underwhelming so far as their length and height but interesting in their nature. The 5th stairway is really more associated with a business mall but is being added in this edition since other stairways were lost to construction.

Miles 4-9: (to Western and Westmont in San Pedro) The horse trails here provide immediate satisfaction. At times you are bordering interesting stable property, at times you are on your own in an open canyon looking north to Los Angeles. When you exit this trail area, you begin a couple of miles of busy 2-lane ring road that you can avoid largely by taking the parallel bridal paths. Kelly's Korner, when open (Tuesday-Saturday daytimes), is a possible break spot at mile 5.5. Leaving Palos Verdes Drive East, the streets descend steadily. You pass a pedestrian gap on Gaucho Drive, pass a school and intersect rudely loud and busy Western Avenue. Here you are 24 miles distant by a single, straight boulevard from Ferndell which you passed in Segment G. That was at mile 118 of the Inman 300 route; now you are at mile 211.

Miles 9-12: (up to the bottom of stairway K7 at Pacific Avenue) There is a wonderful foot path that heads easterly across San Pedro through Peck and Leland Parks. Stairway K6 goes up a 1936-built bridge and long stairway K7 comes off of a remote residential hilltop.

Miles 12-16: A right turn takes you south and soon you pass 1st Street. You can start counting to 39 where the route will end. San Pedro is a proud, independent community that still feels like a city to itself even though it merged into Los Angeles 105 years ago. Pacific down to 6th is bare bones but as you turn left you get an idea of the historic content here. The waterfront at the base of 6th is always interesting but off the most direct route. We've recently lost 4 stairways here between 8th and 12th Streets as they are reconfiguring the hillside. That leaves an enjoyable flat walk on Beacon Street. Stairway K9 has a pretty split. The last stairway, K12, looks directly out to the Angel's Gate Lighthouse. Just below there is Cabrillo Beach where you can celebrate your accomplishment.

Food and amenities: Segment K goes almost 9 miles at the beginning with anything to offer for bathrooms and food. Exceptions are a gas station/7-11 where you leave Hawthorne at Ridgeway and the sometimes open Kelly's Korner. Western offers several food and bathroom option at around 9 miles. Pacific Avenue and 6th St. have a number of food offerings ranging from wonderful to desperation time

Tourist stops: *Offered for consideration for those who want to approach their foot path across Los Angeles as an opportunity to enrich themselves with more than just a passing glance at some recognized points of interest.*

Palos Verdes offers lifestyle, not tourist attractions. San Pedro has plenty to see including the waterfront with the battleship USS Iowa, the Maritime Museum inside an old Ferry Terminal and Ports o' Call Village. Point Fermin and the Korean Friendship Bell are barely further than one-quarter mile from near the end of the segment.

Segment K stairways								<i>split, stub</i>
#	<i>page</i>	<i>stairway</i>	<i>location: top / bottom</i>	<i>zip</i>	<i>steps</i>	<i>grade</i>	<i>direction</i>	<i>or twin</i>
K1	242	Ridgeway	Nr 28223 Covecrest/near 6238 Ridgeway	90275	34	B	up	
K2	242	Via Malona	47 V.Porto Grande / 50 Via Malona	90275	34	B	up then down	
K3	242	Via Porto Grande	48 Via Costa Verde / 46 Via Porto Grande	90275	26	B	up then down	
K4	242	Via Costa Verde	75 Via Costa Verde / near 28632 Highridge	90275	33	B	up then down	
K5	242	Indian Peak mall	550' NW of IndPk+Crens/655 Deep Vly Dr	90275	136	C	down	
K6	248	Elberon	Near 717 Elberon/Gaffey St by overpass	90731	40	B	up	
K7	248	Upland Ave	457 Elberon / Upland 160' west of Pacific	90731	122	B	down	
K8	248	7th & Harbor	150 W. 7th Street	90731	14	C	up	
K9	248	27th Street	2702 Peck / 674 W. 27th	90731	36	B	up	splits
K10	248	29th Street	2910 Peck / 670 W. 29th	90731	27	B	down	
K11	248	Carolina sidewalk	3311 Carolina / 3337 Carolina	90731	30	B	down	stub
K12	248	39th Street	430 West 39th / 3906 S. Bluff	90731	56	B	down	