

# On a Fitness Quest? Top 10 Places to Walk or Run in Phoenix

Written by [AZFoothills.com](http://AZFoothills.com)

Sunday, 02 January 2022 02:40 -

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Whether you're visiting Phoenix or are a local looking for some new scenery, Arizona is full of opportunities to exercise while you take in the sights. Here in Phoenix, we are fortunate to have access to some beautiful scenery and plenty of options. You'll never get bored with these routes.

Our 10 favorite places for walking or running are the following:

## Water and Other Supplies for Your Fitness Adventure

The first thing to remember when going walking or running is to make sure you have enough supplies. You'll need enough snacks, sunscreen, and a hat to protect yourself from the sun.

Of course, H2O from a quality [water softener in Phoenix](#) is helpful too. Proper hydration will make your outing more enjoyable because you'll feel better along the way.

## Where to Go For a Long Hike or Run

When it comes to compiling a [top ten list](#) of places to go and things to do to keep in shape in the foothills, we're spoiled for choice. With that, here are some more ideas on where to go to stay lean and strong.

- **Camelback Mountain: Echo Canyon and Cholla Trails**

This area offers stunning views of the city. An experienced hiker can finish these trails in two hours.

- **Lost Dutchman State Park: Siphon Draw Trailhead**

In Apache Junction, this park offers plenty of well-maintained trails for an afternoon stroll or a morning run. The Siphon Draw Trailhead is a local favorite and takes you to the heart of the Superstition Wilderness Area.

- **South Mountain Park and North Mountain Preserve**

You'll find many miles of easy-to-navigate trails. Shaded by desert vegetation, these trails are ideal for those who want to duck the heat.

- **Phoenix Zoo**

The zoo has plenty of paved walkways, and you might even see some animals as you walk.

- **Downtown Phoenix**

[Downtown Phoenix](#) has lots of shops and restaurants, as well as a variety of attractions to walk past, and there's always a nice restaurant or coffee shop to take a break in. The concrete can be unforgiving, but the scenery is unbeatable. The skyscrapers and city sights will be on display as you walk through the downtown area.

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- **South Mountain Park**

This park offers miles of trails with desert scenery that will make your day.

- **Papago Park**

You'll find scenic views of the red rocks and lots of space to roam. There are also several museums within the park's boundaries if you need a break from walking or running.

- **The Canal**

Walking or running here is a wonderful way to enjoy the sights and sounds of the city while getting in your daily exercise. The canal path extends for miles, making it an easy route that offers a great view of the city skyline.

- **Chase Field**

This is the home of the Arizona Diamondbacks baseball team, and it has plenty of open space and stunning scenery. In fact, it's ideal for baseball fans who want to take in a game while exercising. You can see a game during Spring Training or during the regular season, and there is no better way to get to know America's pastime than being on the field.

- **Desert Botanical Garden**

The [Desert Botanical Garden](#) has many different routes, and you can even take a break to smell the flowers. With so many different cacti and other desert plants, it's easy to forget that you're in the middle of a city.

There are plenty of fantastic trails and paths to explore all that Phoenix has to offer, so whether you're looking for a challenge or an easy route, there's sure to be a place on this list that's just right for you.