

OTERO COUNTY
Prescription
TRAILS
GET UP AND GET MOVING!



*Otero County
Prescription Trails
Program*

**WALKING
TRAILS
GUIDE**

3rd EDITION

Map of Participating Walking Paths in Otero County

(Each number on the map corresponds with its trails guide page)

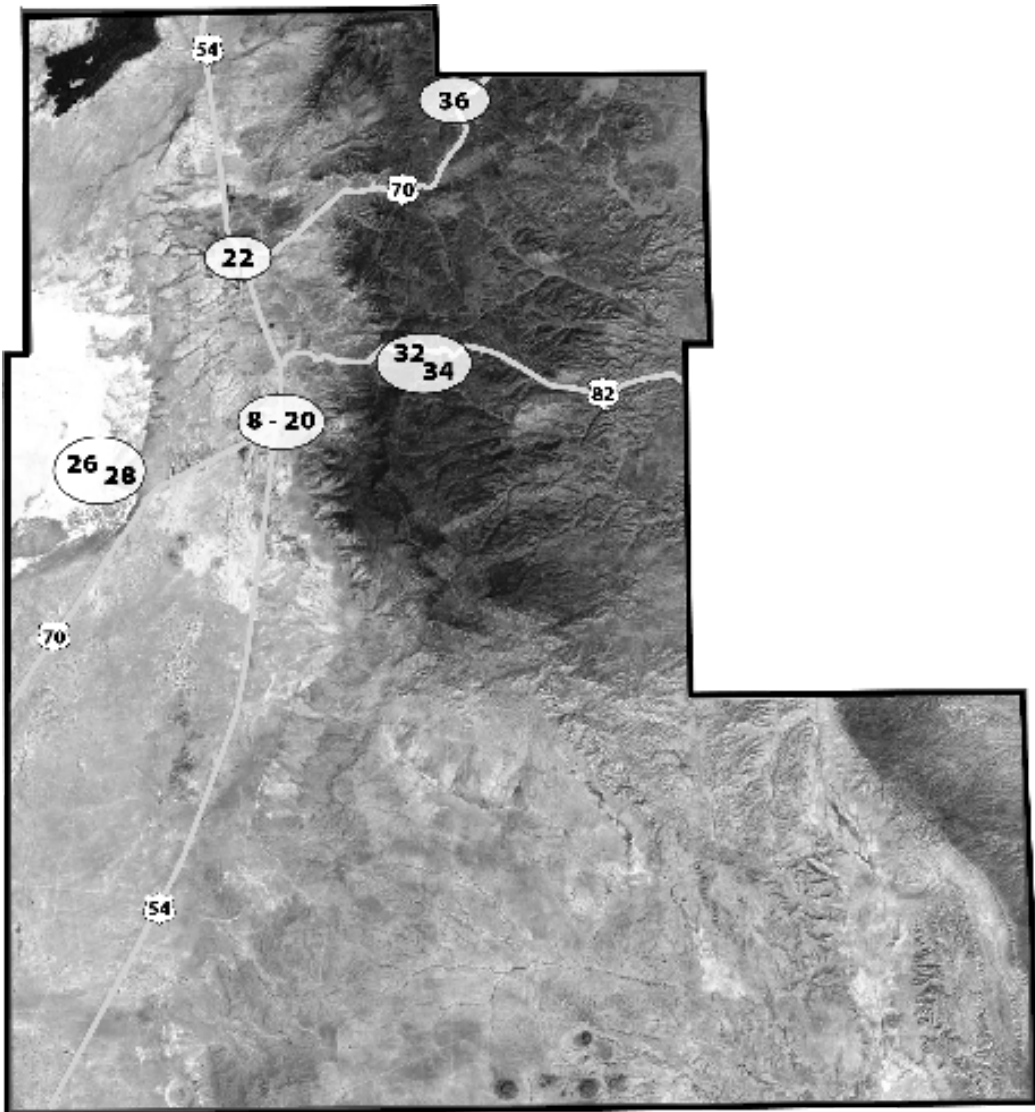


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The Otero County Prescription Trails Program is designed to give all health care professionals tools to increase walking and wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for families in our county.

This guide will help you find some of the best parks, trails and walking areas in the Otero County .

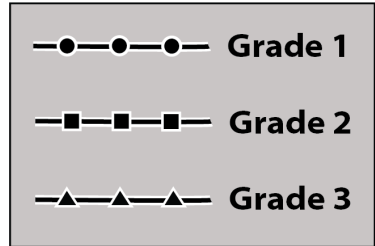


How to Use this Guide

Maps with information about each walking route are organized by neighborhood. Maps within each neighborhood area are then organized alphabetically, using the name of the public park or trail.

Grades

Trails are identified and graded according to their level of difficulty. Many trails are loops that go around a park.



Grade 1 = Fully accessible to all users.

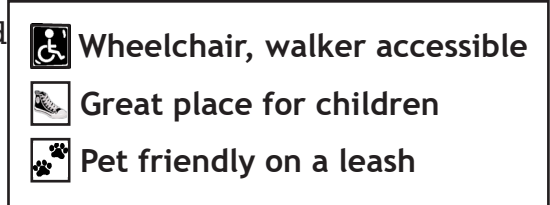
A flat, paved pathway located in or around a park that is suitable for wheelchairs.

Grade 2 = Mostly accessible.

A paved or packed pathway of finely crushed rock that may have minor grade changes.

Grade 3 = Slightly challenging.

A paved, packed pathway of finely crushed rock or dirt pathway with variations in grade.



To Explore other Prescription Trails in New Mexico visit:

prescriptiontrails.org

Pedestrian Safety Considerations

- Walk with a buddy - it not only makes the walk more enjoyable, but there is also safety in numbers.
- Always tell someone where you are going and what time you expect to return from walking.
- Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.
- Carry water and a cell phone with you while you walk.
- Be aware of your surroundings: uneven surfaces, wildlife, etc.
- Be mindful wearing earbuds so you can hear noises of traffic, dogs barking, and bike traffic.
- Always walk facing oncoming traffic if you are walking by a roadway.
- When crossing the street, keep looking for vehicles as you cross.
- Change up your walking route.
- During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.

Walking Tips

- Invest in good walking shoes. Quality walking shoes will help protect your feet and joints.
- Set realistic goals for yourself. By simply getting up and going out to walk - even for a few minutes, you have begun to improve your health.

Public Transit



Walking With Your Pet

Our pets also need daily physical activity to stay healthy, and should be active at least 20 minutes three times a day to reduce the risk of being overweight, which can contribute to heart disease, diabetes, cancer and joint ailments. They can make the best walking buddies because they never turn you down, no matter the weather or time of day. If you would like to add a pet companion to your life, please consider adopting from one of our local area shelters.

Here are some simple tips to walk your dog safely:

- Adjust your dog's collar to where they can't slip their head through. Slip two fingers to assure it's not too tight.
- Put your hand through the leash loop and wrap it around your hand for a better grip. Use a harness if your dog likes to pull.
- A harnesses for your dog is the safest option- it allows for better control, discourages pulling, and prevents strain on the dog's neck.
- Make sure to bring water along for your dog.
- Shorter and more frequent walks are better for older dogs and those with health issues such as arthritis.
- Be a responsible walker! Pick up waste produced by your dog and disposed of it properly.
- Leave your dog on leash when walking out in public. Dogs can be off leash and have the opportunity to socialize at the Bark Park.

Alamogordo Bark Park

East Fairgrounds Road off North Florida Ave.

Great things begin with a few small steps.

-Unknown

Nutrition Resources

Nutrition and physical activity go hand in hand to create a healthy lifestyle. Listed below are resources that you may find useful:

Nutrition

Choose My Plate
choosemyplate.gov

American Dietetic Association
eatright.org

Nutrition.gov
nutrition.gov

New Mexico State University
aces.nmsu.edu/pubs/_e/

Eat Well Otero
aces.nmsu.edu/ewo
facebook.com/eatwellotero/

Recipes

snaped.fns.usda.gov/nutrition-education/recipes

Your body is built for walking.
Gary Yanker

Move More, Sit Less!

Adults should get at least 150 minutes per week of moderate intensity aerobic activity, and 2 days per week of muscle-strengthening activities. Children should have 1 hour each day of moderate to vigorous physical activity each day.

Tip: Breaking exercise into small portions, like 10-15 minutes at a time makes it easy and fun!

Benefits of Physical Activity:

- Lower risk of cardiovascular disease and stroke
- Lower risk of type 2 diabetes
- Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Lower risk of dementia and Alzheimer's disease
- Lower risk of falls
- Improves cognition
- Improves sleep
- Improves quality of life
- Improves bone health
- Reduces depression and anxiety
- Weight loss

For more information, visit:

<http://health.gov/our-work/physical-activity>

Alameda Park Zoo

1021 N. White Sands Blvd.

Trail Distance: .25 mile loop

Steps: 530

Difficulty: Grade 1

Trail Surface: Concrete side walks

Hours: Open 9:00 a.m. - 5:00 p.m. daily
(except Christmas and New Year's Day)

Lighting: Yes

Fee: See Alameda Park Zoo website for
current fees and membership pricing
ci.alamogordo.nm.us/477/Alameda-Park-Zoo

Attractions: Fully accessible for people using
wheelchairs, walkers and strollers;
Butterfly Gazebo; animal sanctuaries;
playground; green spaces; picnic
tables; benches

Key guideline to physical activity:

***MOVE MORE
and
SIT LESS***





Nearby Major Cross Streets:

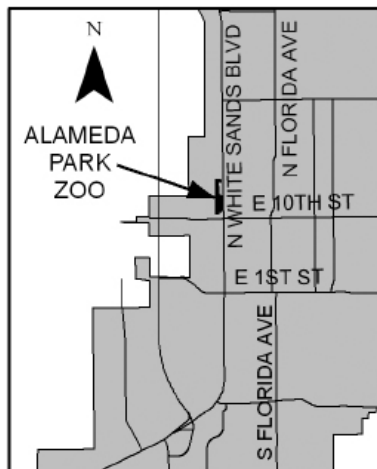
10th St. and White Sands Blvd.

Public Facilities and Amenities:

Restrooms, zoo gift shop

Parking:

Free public parking located at entrance to zoo



Alameda Park Zoo

Desert Foothills Park

2510 E 1st St

Trail Distance: 1.2 mile loop

Steps: 2,540

Difficulty: Grade 3

Trail Surface: Paved and packed sand/dirt

Lighting: No

Attractions: Looped paved trail with variations in grade, pet friendly on leash, accessible for people using strollers, natural desert landscape and mountain views





Nearby Major Cross Streets:

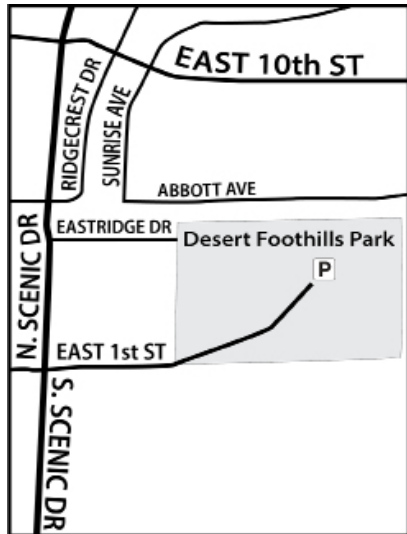
E 1st St and Scenic Dr

Public Facilities and Amenities:

Pavillion, tables, standing grill, portable toilet

Parking:

Parking located in the middle of the park



Desert Foothills Park

Indian Wells North Side Walking Path



Trail Distance: 1 mile one way

Steps: 2,120 one way

Difficulty: Grade 2

Trail Surface: Asphalt

Lighting: Yes

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; dog friendly on leash; grassy areas both sides of path





*See p. 18 for Washington Ave. walking path

Nearby Major Cross Streets:

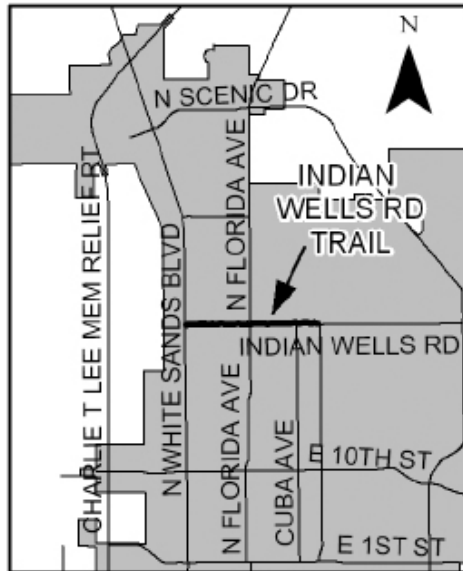
Pecan, Puerto Rico,
Florida Ave.;
White Sands Blvd.

Public Facilities and Amenities:

Benches, trash cans

Parking:

Alamogordo Senior Center parking lot off Puerto Rico Ave.



Indian Wells North Side Walking Path

North Scenic Drive

Trail Distance: 2 miles one way

Steps: 4,220 one way

Difficulty: Grade 2

Trail Surface: Concrete sidewalk

Lighting: Yes

Attractions: Stroller walking; pet friendly on leash, desert landscape along side of sidewalk, mountain scenery; panoramic view of basin

Benefits of Physical Activity: Lower risk of cardiovascular disease and stroke.





*See p. 39 for NMSU Fitness Trail

Nearby Major Cross Streets:

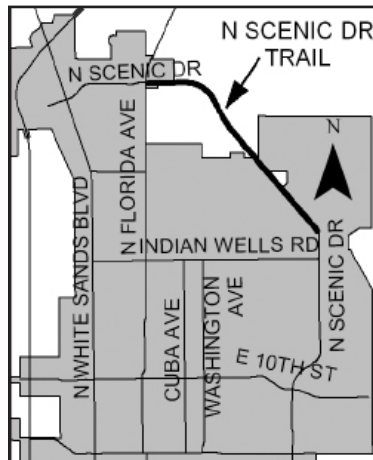
East Indian Wells
North Florida Ave.

Public Facilities and Amenities:

Shaded benches along route

Parking:

Free parking NMSU-A parking lot on the west side of North Scenic



North Scenic Drive

South Scenic Drive

Trail Distance: 1 mile one way

Steps: 2,110 one way

Difficulty: Grade 2

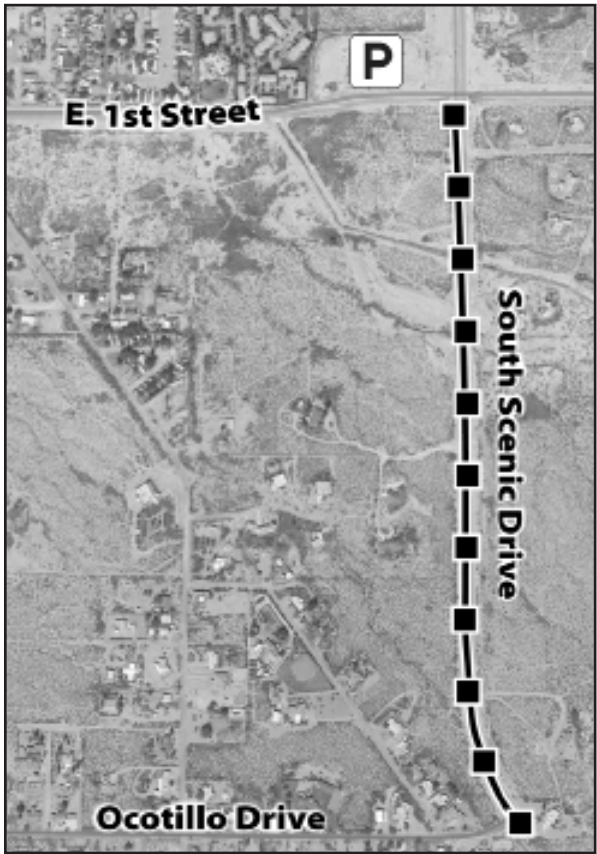
Trail Surface: Concrete sidewalk, desert landscape on one side of the sidewalk

Lighting: No

Attractions: Stroller walking, pet friendly on leash, covered gazebo along route, wide panoramic view of the Tularosa Basin, mountain scenery including the Lady of the Mountain

Take caution: Use sidewalk, avoid using shoulder due to traffic

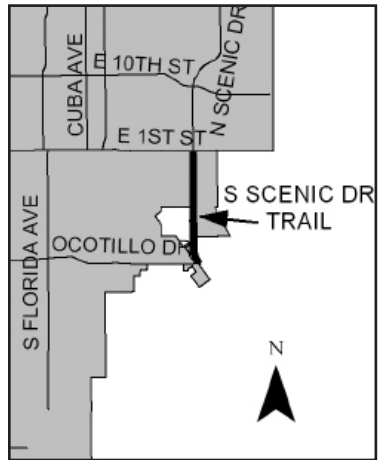




Nearby Major Cross Streets:
1st Street and South Scenic

Public Facilities and Amenities:
Trash cans and pet waste receptacles

Parking:
Street parking



----- South Scenic Drive

Washington Ave Walking Path

From Indian Wells Rd to 10th St   

ADA accessible ramp located at Indian Wells Rd and

Trail Distance: 1 mile one way

Steps: 2,120 one way

Difficulty: Grade 1

Trail Surface: Asphalt

Lighting: No

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; dog friendly on leash; grassy areas both sides of path



*See p. 12 for Indian Wells walking path



Alamogordo

Nearby Major Cross Streets:

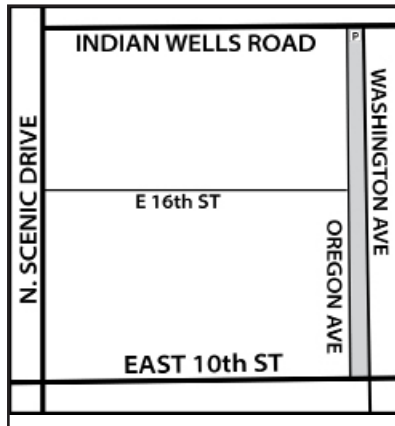
Indian Wells Rd,
10th St

Public Facilities and Amenities:

Kids Zone; Oregon Ave; Tennis Courts; Alamogordo Family Recreation Center; picnic and BBQ areas

Parking:

Indian Wells Rd & Oregon Ave; and at Alamogordo Family Recreation Center



Washington Ave Walking Path

White Sands Mall

3199 N. White Sands Blvd.

Trail Distance: .25 mile loop inside the mall

Steps: 530

Difficulty: Grade 1

Trail Surface: Tile

Hours: Check online at “White Sands Mall” for updated and accurate open hours

Lighting: Yes

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; indoor; food court; shopping; Veterans Clinic

Benefits of Physical Activity: Lower risk of cancer of the bladder, breast, colon, endometrium, esophagus, kidney, lung, stomach





Nearby Major Cross Streets:

White Sands Blvd.

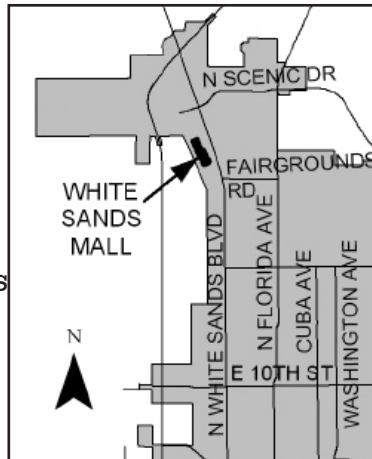
Public Facilities and Amenities:

Restrooms, benches, trash cans, Ztrans Bus options

Call 575-439-4971 for ZTrans Bus schedule information.

Parking:

Available in the Mall parking lot



Tularosa High School Track

Tularosa High School Campus
"Home of the Wildcats"

Trail Distance: .25 mile loop

Steps: 530

Difficulty: Grade 1

Trail Surface: Rubberized track

Hours: Early morning, after school,
weekends

Lighting: No

Attractions: Access field through two gates -
40-yard gravel path leads to asphalt
sidewalk, which leads to track.

Benefits of Physical
Activity :
Lower risk of





Nearby Major Cross Streets:

8th Street and
Bosque

**Public Facilities
and Amenities:**

Benches, trash cans

Parking:

Available in the
school parking lot
(non-school hours)



Tularosa High School Track

White Sands National Park



On January 18, 1933, President Hubert Hoover established White Sands National Monument. In 2019, this National Monument was designated as the 62nd National Park.

Located on US 70, White Sands National Park is 15 miles southwest of

Alamogordo. Over 275 miles of gypsum sand rises from an ancient lake bed. Lake Lucero, a source of the sand at White Sands, is a large playa that covers approximately 10 square miles. A playa is a shallow depression or low-lying area that fills temporarily with rainwater from storms. Most of the year, it is a dry lakebed. From the 1950 King Solomon's Mine to the 2009 Men Who Stare at Goats, this unique terrain has been the backdrop for many major films and commercials.



If you choose to take a break and go out and experience the beauty and serenity of this marvel of nature be sure to follow these safety tips:

- Stay hydrated! Make sure you have plenty of water on hand for yourself and your pet companion.
- Be sure to wear a hat and sunscreen. Sunburns are common as white sand reflects the sun. Wear light-colored clothing.
- Bring high energy foods such as granola bars or trail mix.
- Be cautious of lightning storms, which can occur even in the absence of rain.
- If you spot wildlife, be sure to observe from a distance. Do



not touch or feed the animals!

Hours:

Visitors Center and park are open every day except Christmas Day. Hours vary by season, for details visit

www.nps.gov/whsa/planyourvisit/hours.htm

Fees to enter White Sands National Park:

For current fees, special events, and camping information please visit

www.nps.gov/whsa

Junior Ranger Program:

Get your kids involved in hiking and the outdoors! Kids receive materials, activities, and education about the park that they are visiting. For more information please visit

<https://www.nps.gov/whsa/learn/kidsyouth/beajuniorranger.htm>



Interdune Boardwalk

Driving Distance from Visitor Center is 4.5 miles

Trail Distance: .33 mile roundtrip

Steps: 700

Difficulty: Grade 1

Trail Surface: Simulated wood decking

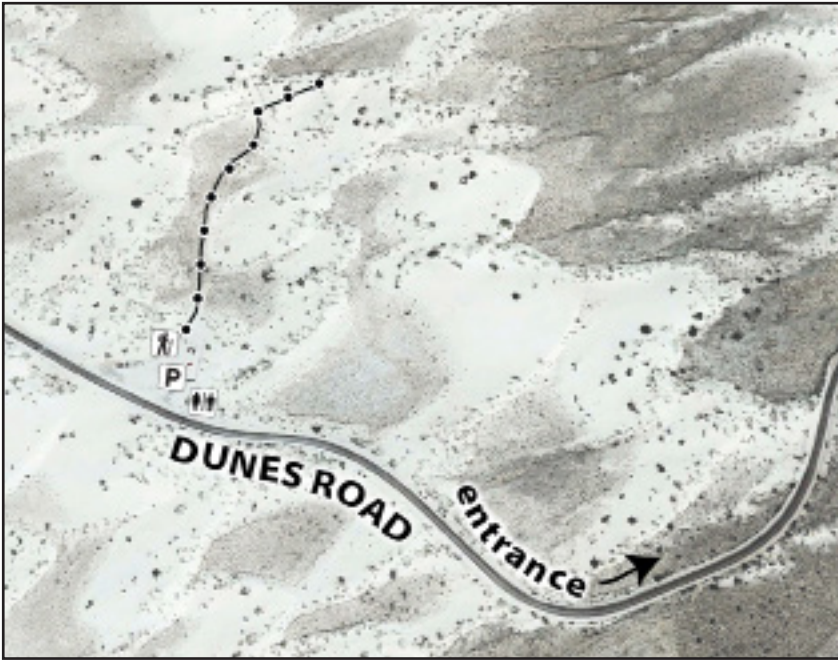
Hours: Seasonal Park Hours

For hours call 575-479-6124

Lighting: No

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; the trail is an elevated boardwalk with handrails with a covered area with benches to rest halfway along the trail; this trail leads through a fragile interdune area to a scenic view at the top of a dune





Parking:

Park at the pullout marked “Interdune Boardwalk” just before the pavement ends at White Sands National Park

Benefits of Physical Activity: It’s recommended for everyone to do at least 2 days per week of muscle-strengthening activities.



Dont forget to bring water,
and drink often

Playa Trail



Driving Distance from Visitor Center: 2.5 miles

Trail Distance: .25 mile roundtrip

Steps: 530

Difficulty: Grade 3

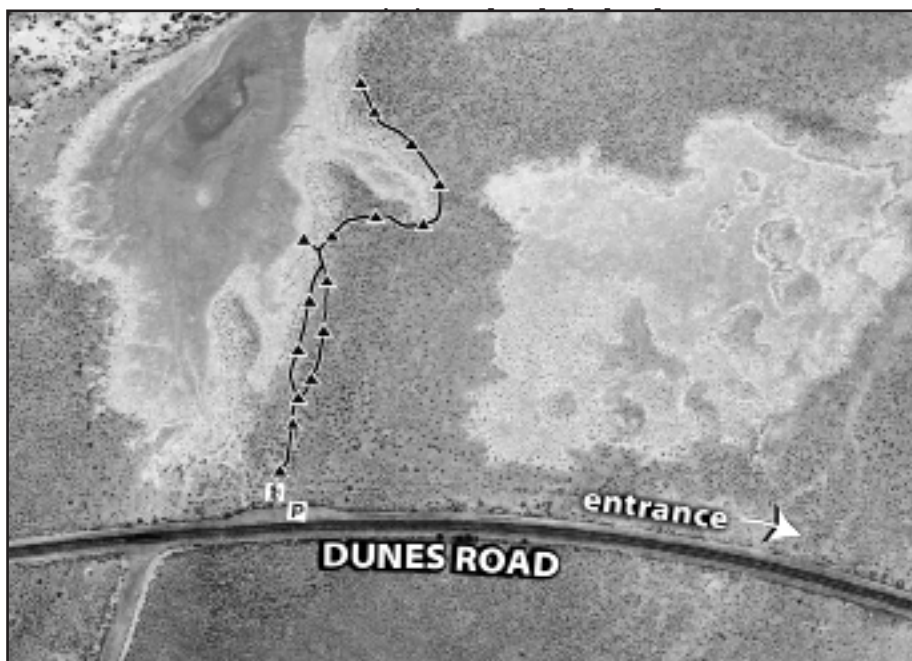
Trail Surface: Packed sand/dirt

Hours: Seasonal park hours

For park hours call 575-479-6124

Lighting: No

Attractions: This is a level trail in White Sands National Park that leads to a small playa. Like Lake Lucero, this smaller playa is a shallow depression or low-lying area that fills temporarily with rainwater from storms. Most of the





Parking:

Available at the pullout on the east side of the road into White Sands, just across from the Dune Life Nature Trail parking area

Lincoln National Forest



Your public lands are a great place to get outdoors, see signs of wildlife, and be surrounded by forest and scenic views of the Tularosa Basin. The Lincoln National Forest has many accessible trails in the nearby Sacramento Mountains.



The trails take special consideration because of the altitude changes and temperature variation. Take time when acclimating to higher altitude, bring plenty of water, extra layers, and look up weather conditions before you go. Some areas may not have cell phone reception. Trails may have uneven terrain.

For additional maps or information, visit the Lincoln National Forest office at 3463 Las Palomas Drive in Alamogordo, or the Sacramento Ranger District office at 4 Lost Ridge Road in Cloudcroft. Many other trails of varying lengths can be found on their website as well.

Safety tips!

- Let someone know where you are going and when you plan to return.
- Hike with a partner.
- Read trail signs and follow all regulations.
- Stay on the designated trail.
- Don't hike in the dark.
- Observe wildlife from a distance.
- Watch for changing weather and lightning.

Bare Minimum Items Recommended to Bring:

- Sunscreen
- Hat
- Warm Layers
- Map
- Water
- High energy foods like trail mix or granola bar

Remember to leave the forest in good condition for those who follow in your footsteps, and

Leave No Trace!
Today I have grown taller
from walking with the trees.

-Henry David Thoreau

Devil's Elbow Overlook Trail(T5001B)

Cloudcroft, NM

Trail Distance: 0.25 miles one way

Steps: 500 one way

Difficulty: Grade 1

Trailhead: Trestle Recreation Area, Lincoln National Forest, Cloudcroft. Varying hours of access

***Special Considerations:** - High Elevation (8,835') High elevation affects oxygen levels in the air so hikers should anticipate a slower pace, more frequent rest breaks, and colder temperatures.

Trail Surface: Blacktop paved trail

Lighting: No

Attractions: Well marked wheelchair accessible loop trail. Additional (hard-pack gravel) trails extend from same starting point. At 0.2 miles, visitors reach Overlook Platform which provides a bench, interpretative panel, and spectacular views of the Tularosa

The only bad workout is the one that didn't happen.

-Anonymous





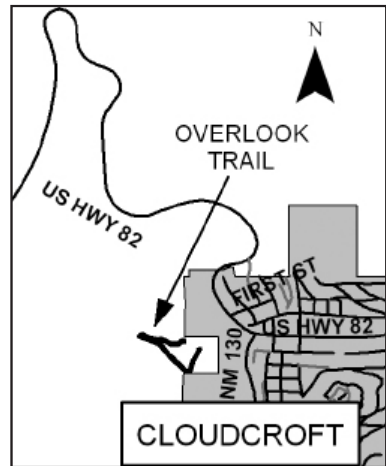
Public Facilities and Amenities:

Picnic tables, restroom, water fountain, benches, trash cans, and interpretive kiosks available, including historical railroad information

Parking:

Paved parking area for multiple vehicles.

NOTE: Seasonal and daily closures may occur. Please call the Sacramento Ranger District office at (575) 682-2551 for hours



La Pasada Encantada Trail (T233)



Trail Distance: 0.4 mile loop

Steps: 800

Difficulty: Grade 2

Trail Head: Turn south off HWY 82 and onto NM 130. Then turn onto Apache Canyon Rd (Forest Service Rd 24B). The trailhead is immediately adjacent to the Sleepy Grass Campground

*Special Considerations: - High Elevation (8,975') High elevation affects oxygen levels in the air so hikers should anticipate a slower pace, more frequent rest breaks, and colder temperatures

Trail Surface: Pea size gravel surface

Lighting: No

Attractions: An interpretive trail designed for both sighted and visually impaired visitors. The wide trail offers hands-on experiences and signage, and is bordered by





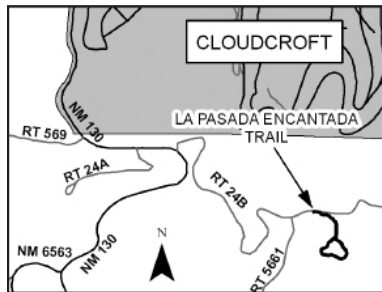
Public Facilities and Amenities:

Picnic tables and benches are conveniently spaced throughout the loop hike

Parking:

Paved parking area for multiple vehicles

NOTE: possible snow and cold temperatures may make trailhead difficult to access in the winter



Inn of the Mountain Gods Fitness Trail

Trail Distance: 3 miles one way

Steps: 6,360

Difficulty: Grade 3

*Elevation 7,112'

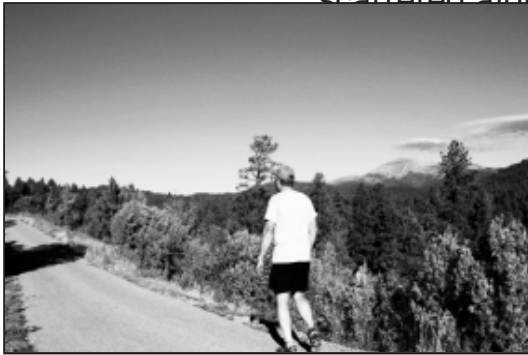
Trail Head: West end of Casino overflow parking lot

Trail Surface: Blacktop

Entrance Fees: No

Lighting: No

Attractions: Paved out and back trail with variations in grade, fitness equipment scattered along the trail, views, and scenic path



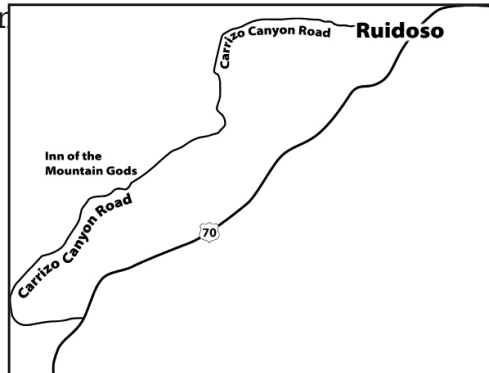


Public Facilities and Amenities:

Inn of the Mountain Gods Casino

Parking:

Dirt parking lot located across the highway from Inn of the Mountain Gods Casino



Inn of the Mountain Gods Fitness Trail

Other Walking Areas/Parks/ Green Spaces

Otero County has a variety of walking areas, from neighborhood sidewalks, through local parks and green spaces to desert walking trails. Remember, as you plan your walk to be mindful of your current physical stamina and health condition and always be aware of your physical surroundings. In the Alamogordo area you will find:



Alameda Park – This park and family recreation area is located along White Sands Blvd. north of the Alameda Zoo. A rough grassy walking path loops around the park. There are picnic tables, a gazebo and a children's playground. In the northern section of the park is the Toy Train Depot; the train track runs through the park.



Kids Zone – This playground and park is



located between Washington Ave. and Oregon Ave. off Indian Wells Road. (*Go to p.18 to find driving and parking information).




Las Alturas Court - A cul-de-sac with a small park enclosed by a sidewalk. This area is located off 10th Street and Bellamah.


Holloman Air Force Base - For active/retired military members and others who have daily access to



ase. The Pete Domenici Fitness and Sports Center offers an indoor track.

NMSU-A Fitness Trail – Parking available on NMSU-A campus parking lot west side of North Scenic Drive. Two ADA parking spots are available at the bottom of the steep gravel hill.

 The trail loops through desert landscape and offers wheelchair and stroller access for a short portion of the path. There are several covered benches located along the loops. (*Go to p. 14 to find driving and parking information).

 **Grandview Trail #130 Lincoln National Forest** High Rolls, NM. Trailhead and terminus located on FR 162C (also called CR A 060). Walkers can make this a loop by walking .38 miles along the



Oliver Lee State Park - For park information visit: <http://www.emnrd.state.nm.us/SPD/oliverleestatepark.html>
Park location: 409 Dog Canyon, HWY 54 South

Desert Critters Trail at Washington Park- Parking lots are located at Washington and 1st Street; 201 Dale Scott Ave; or along Washington Ave just south of Mountain View Rd. An ADA compliant sidewalk runs through most of the park. The Desert Critters Trail is a scavenger hunt style walking challenge, which features stone monuments highlighting 18 indigenous species of animals. Can you find all the animals???



This park features a paved path, shaded concrete sidewalks, picnic tables, picnic pavilions, fields, covered playgrounds, and picnic pavilions.

One step at a time is good walking.

Old Proverb



We would like to give photo credit to Ron Keller, Michelle Brideaux, Inn of the Mountain Gods, and the original Prescription Trails team for photos used throughout this trail guide.



We thank past partners for their funding and support to make this project possible.

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