



Rated Perceived Exertion Scale

This scale is used to measure the intensity of your exercise which runs from 1–10:

1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Exhausted

Use this scale to measure where you are on the map. Looking for a challenge? Check out our other maps!

Special Events in this Park:

Family Overnighter
August 23rd - August 24th

Community Bike Ride
September 21st

Be sure to look out for future events throughout the year. Want to know more about other events? Check out the Foster City Activity Guide

Legend

Outer Path
Inner Paths

Other Parks & Maps

Interested in our other parks? Check out maps for the following parks:

Leo J. Ryan Park (multiple maps)

Edgewater Park

Boothbay Park

... With more maps to come!