



Dills Park, a Beautiful Outdoor Gym

Have you been to Dills Park lately? Or, should we say, the New Dills Park?

The Westside stretch of open space along the Los Angeles River has been enlarged and “re-invented” as one of the finest recreational and natural habitat sites in the region.

During a three-year process, the City bought and cleared away blighted properties to create three more acres of parkland and a municipal greenbelt reaching all the way from Rosecrans Ave. to Somerset Blvd.

The City also saw the remodeling as a chance to provide a number of healthy benefits for residents. Dills Park has been turned into an “outdoor gym.” The athletic facilities are accessible at no charge and placed in a beautiful, natural setting.

The park was designed specifically to get people walking, running or working out. There are now two large turf fields for general sports. Walkers or joggers have a pair of trails – the south loop is .2-miles-long around the turf field and the nature trail is a .6-mile-long path meandering through the natural landscaping.

There are seven total exercise stations at stops along the south loop and nature trail. There are another 11 exercise pieces in a special “Fitness Zone,” which also features a large outdoor surface that can be used for exercise classes.

For youngsters, fancifully designed playgrounds offer a fun venue for rigorous physical activity.

The park has become a center of recreation and relaxation. Families spend quality time playing or picnicking, individuals jog and exercise, kids ride their bikes and swarm the new playgrounds, and seniors stroll and sit in the sun. For viewing on the trails, the native shrubs, plants, trees and grassy meadows have attracted a variety of birds, butterflies and other airborne creatures.



Upcoming Meetings

For more information about Council and Commission meetings, please call (562) 220-2225.

5/10/11 - 6:00 PM
Planning Commission

5/17/11 - 5:00 PM
City Council

5/18/11 - 6:00 PM
Parks & Recreation Commission

5/24/11 - 6:00 pm
Public Safety Commission