



Indoor Hospital Walking Routes

Sponsored by Employee Recreation and the Worksite Wellness Program

All routes below start at the Employee Recreation Desk in the lobby of the Main Hospital. Mileage is approximate.

Route 1: Loop around Ground Floor (see attached map)

Starting at Employee Recreation Desk, walk the concourse at the front of the hospital down towards the Coffee Shop at Neuroscience. Turn left, walking past the Headache Clinic and Neurology Clinic, take another left at the bank of elevators, and walk the long hallway at the back of the Women's Hospital. Walk up the ramp towards the Coffee Shop, turn left past the snack machines, turn right and go down the long hallway with the enlarged photos and Employee Recreation board on the walls, turn left at the end of the hallway, turn right and then left again to get back to the Main Lobby. End at the Employee Recreation Desk.

Total mileage: 0.4 miles

Route 2: Loop around First Floor (see attached map)

Starting at Employee Recreation Desk, walk toward the escalator and walk up the escalator (no riding!) to the First Floor. Go straight ahead, passing the Chapel on your left. Just past the Chapel, take a left and continue to the end of the short hallway. Take a right and then another quick right. Continue down the hall passing the OT/PT area and blood collection labs on your left. Continue to the end of the hallway and take a right by the public elevators. Go straight ahead until the hallway ends and turn right to go down another long hallway (lockers on the right-hand side). At the end, take a left and then an immediate right to get back to the escalator. Walk down and back to the Employee Recreation Desk.

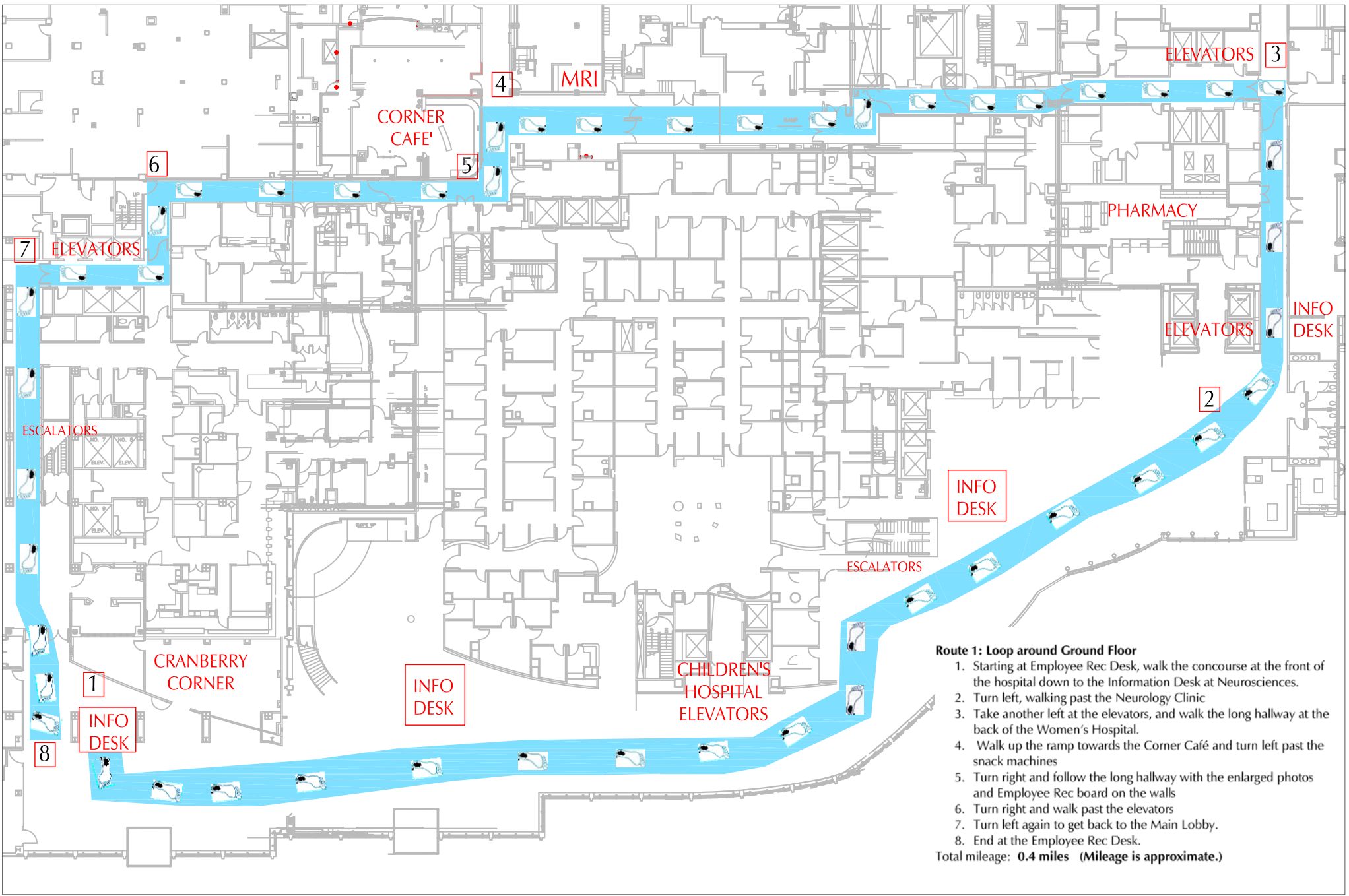
Total mileage: 0.3 miles

Route 3: Loop around Second Floor (see attached map)

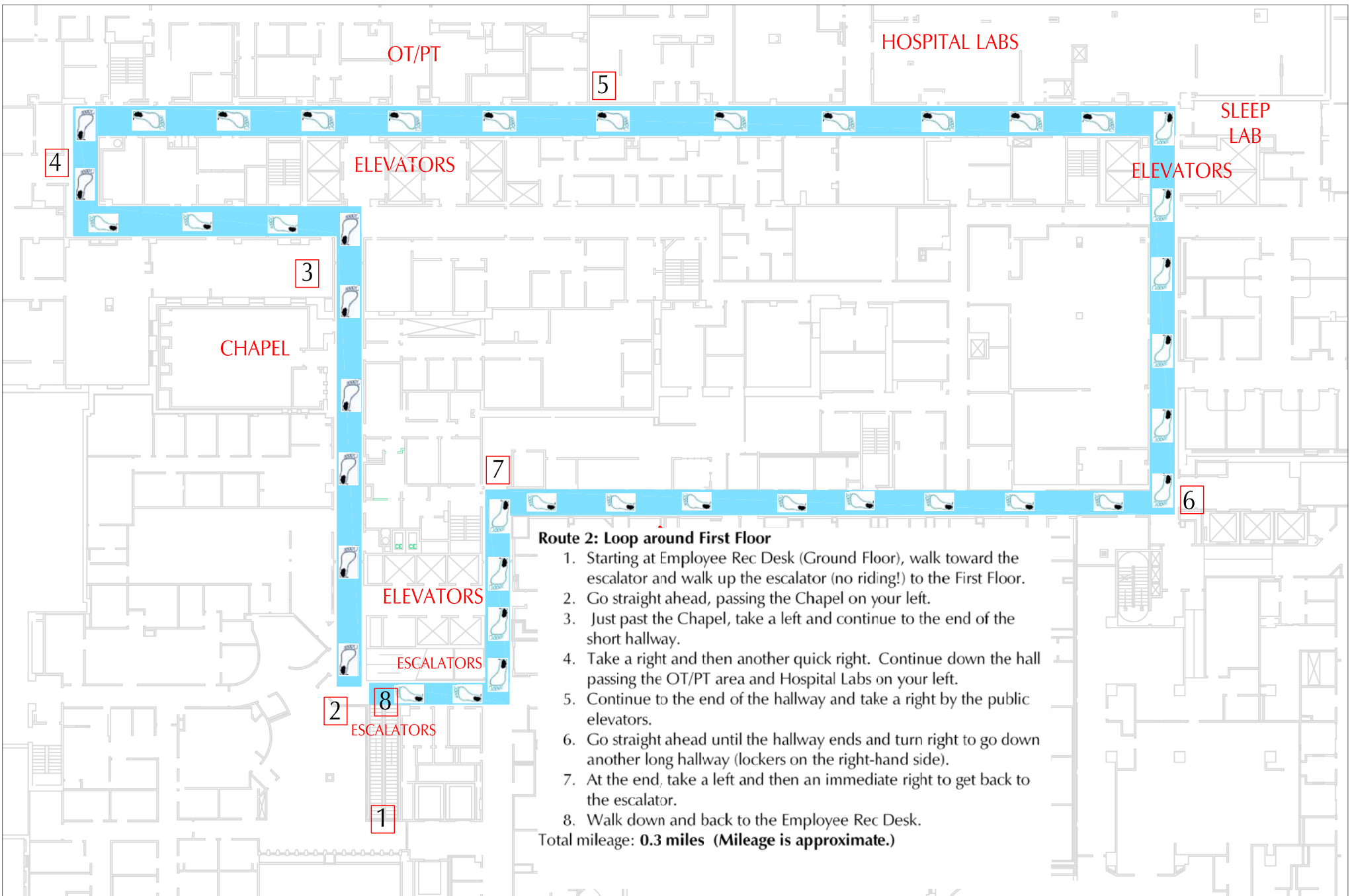
Starting at Employee Recreation Desk, walk toward the escalator and walk up the escalator (no riding!) to the Second Floor. Circle back around to the right and then turn right to walk down the long hallway with the lockers on the left side. Turn right and walk past the ICUs all the way down to the very end of the hall. Turn right at Wendy's and walk down the stairs to the Ground Floor. Follow the concourse back down to the Employee Recreation Desk.

Total mileage: 0.5 miles

Route 1 + Route 2 + Route 3 = 1.2 miles



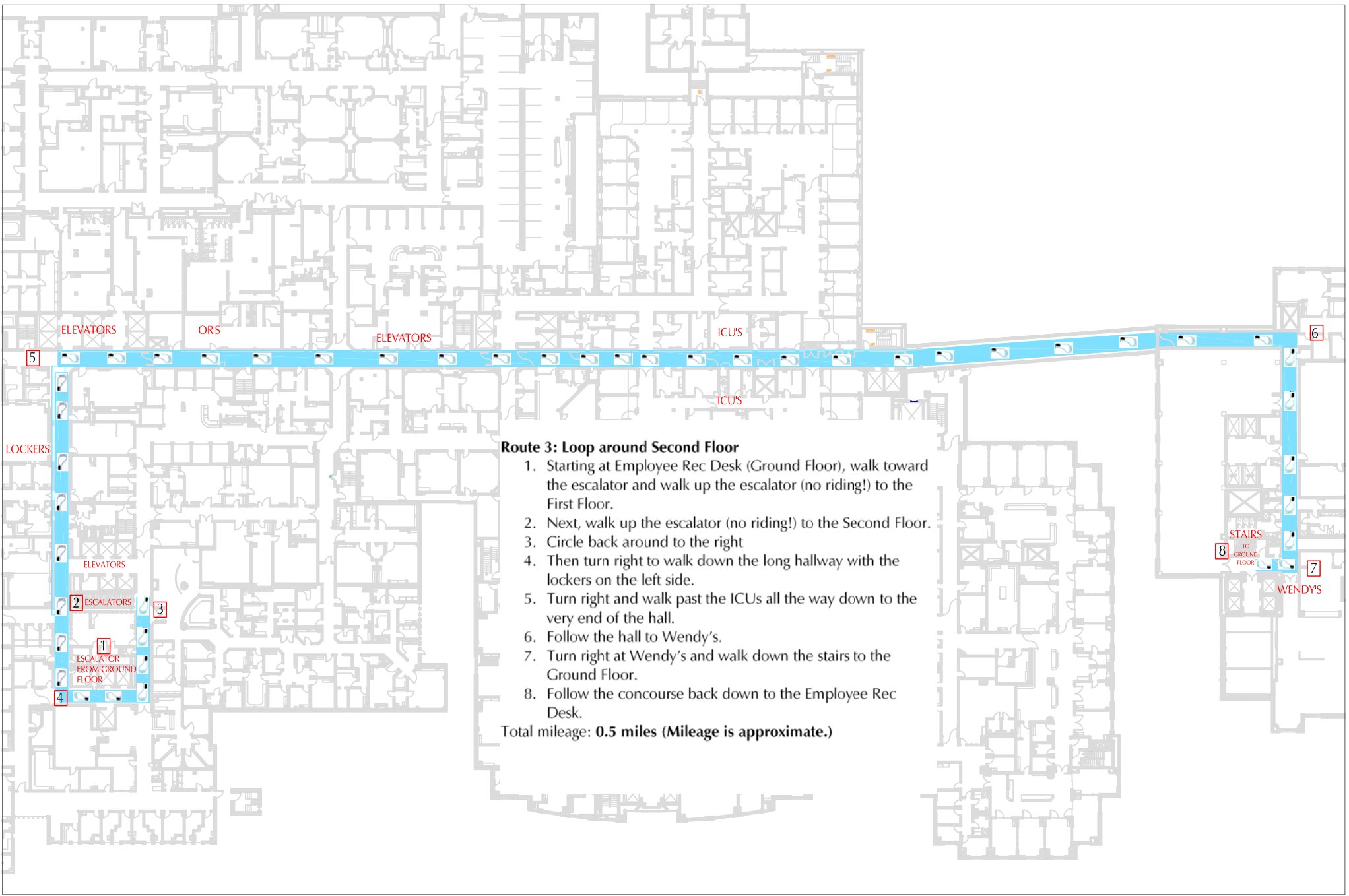
- Route 1: Loop around Ground Floor**
1. Starting at Employee Rec Desk, walk the concourse at the front of the hospital down to the Information Desk at Neurosciences.
 2. Turn left, walking past the Neurology Clinic
 3. Take another left at the elevators, and walk the long hallway at the back of the Women's Hospital.
 4. Walk up the ramp towards the Corner Café and turn left past the snack machines
 5. Turn right and follow the long hallway with the enlarged photos and Employee Rec board on the walls
 6. Turn right and walk past the elevators
 7. Turn left again to get back to the Main Lobby.
 8. End at the Employee Rec Desk.
- Total mileage: 0.4 miles (Mileage is approximate.)



Route 2: Loop around First Floor

1. Starting at Employee Rec Desk (Ground Floor), walk toward the escalator and walk up the escalator (no riding!) to the First Floor.
2. Go straight ahead, passing the Chapel on your left.
3. Just past the Chapel, take a left and continue to the end of the short hallway.
4. Take a right and then another quick right. Continue down the hall passing the OT/PT area and Hospital Labs on your left.
5. Continue to the end of the hallway and take a right by the public elevators.
6. Go straight ahead until the hallway ends and turn right to go down another long hallway (lockers on the right-hand side).
7. At the end, take a left and then an immediate right to get back to the escalator.
8. Walk down and back to the Employee Rec Desk.

Total mileage: 0.3 miles (Mileage is approximate.)



Route 3: Loop around Second Floor

1. Starting at Employee Rec Desk (Ground Floor), walk toward the escalator and walk up the escalator (no riding!) to the First Floor.
2. Next, walk up the escalator (no riding!) to the Second Floor.
3. Circle back around to the right
4. Then turn right to walk down the long hallway with the lockers on the left side.
5. Turn right and walk past the ICUs all the way down to the very end of the hall.
6. Follow the hall to Wendy's.
7. Turn right at Wendy's and walk down the stairs to the Ground Floor.
8. Follow the concourse back down to the Employee Rec Desk.

Total mileage: 0.5 miles (Mileage is approximate.)