

Walking Guide Book



Walking Maps

Within these pages are various walking maps with mileage. Walking is an excellent way to keep your heart healthy and your legs strong!

Some people find it easier adhere to activity programs if they have the support of others. That's why we suggest the following schedule to give you some walking variety and built in walking partners.

Main Campus schedule:

Meet at the starting points for the following routes at 12:10 to walk with others

Main Campus	Winter & Rain	Outdoor Weather
Monday	GB	Riverfront trail south
Tuesday	HHS	Campus loop
Wednesday	TLC	Riverfront trail north
Thursday	A&S	Downtown loop
Friday	HHS	Durant Park



Red arrows indicate the start point for each floor



Yellow arrow are provided to eliminate confusion in areas were the path overlaps

Gannon Building (GB): one lap = 1/2 mile

- **Begin** 3rd floor in lobby near the Physical Fitness & Wellness office (near elevators).
- Go through lobby and into hallway directly across from office (heading south).
- Hallway opens into a loop. Go left or right around loop.
- Exit back into the 3rd floor lobby.
- At lobby, go left. Head through double doors into short hallway.
- At end of short hallway, go right into "Hall of Fame" hallway.
- At end of hallway, turn right and go through double doors.
- Travel to the east end of the hallway (past gym) and take stairs.
- Go down to 2nd floor.



Gannon Building 3rd floor

- From 2nd floor stairs, go right (past fitness center).
- At intersection, turn left and walk south past Public Safety, Welcome Center and Parking & ID to the south end of the hall.
- At end of hallway, turn around and come back north.
- At intersection veer right walking past the food court and locker rooms.
- Take stairs at north end of hallway (back where you started 2nd floor lap)
- Go to 1st floor.



Gannon Building 2nd floor

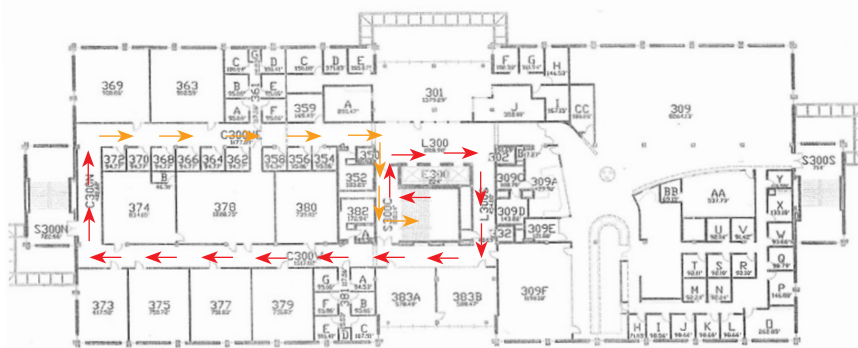
Arts & Sciences (A&S): one lap = 1/3 mile

- Begin 1st floor lobby by automatic doors.
- Facing the elevators, turn right (north) into hallway.
- At end of hallway, go left.
- At end of hallway, go left again.
- Go through double doors and into stairwell.
- Climb stairs to 3rd floor.



Arts & Science 1st floor

- At 3rd floor, go right off of stairs through double doors (toward Social Sciences).
- Go right toward Math Lab and right again into hallway.
- At end of hallway, go right.
- At end of hallway, go right again returning to Social Sciences.
- Enter main stairwell and climb to 4th floor.



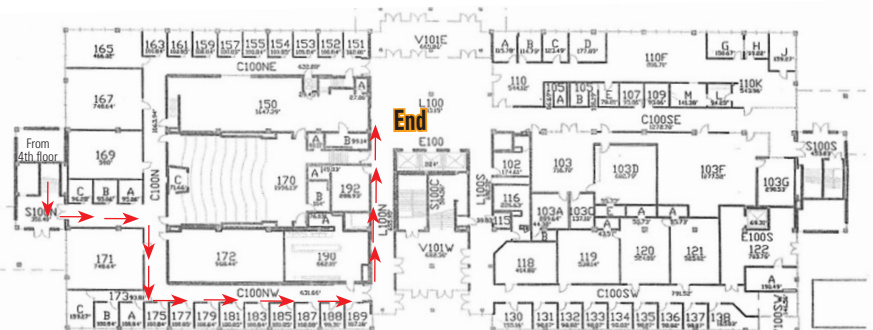
Arts & Science 3rd floor

- At 4th floor, go right off of stairs through double doors
- Go right into main hallway
- At end of hallway, go right.
- At end of hallway, go right again to the end of the hallway.
- Exit at stairwell at the end of the hallway (next to Physics Shop)
- Return to first floor.



Arts & Science 4th floor

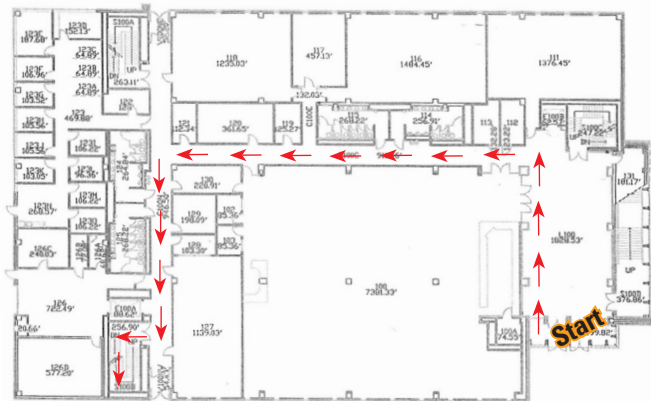
- At first floor, go left through double doors
- At "T", go left.
- And end of hallway, go right and return to 1st floor lobby glass doors.
- **End.**
- Start again at the beginning and repeat twice to complete one mile.



Arts & Science 1st floor

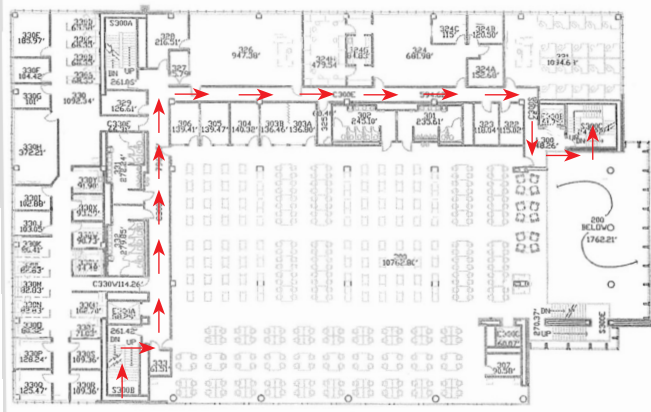
Technology & Learning Center (TLC): one lap = 1/3 mile

- Begin 1st floor lobby between computer lab
- Facing elevator, go left into hallway
- At "T", go left.
- Travel West down hallway
- Near end of hallway, enter Stair B and go to 3rd floor.



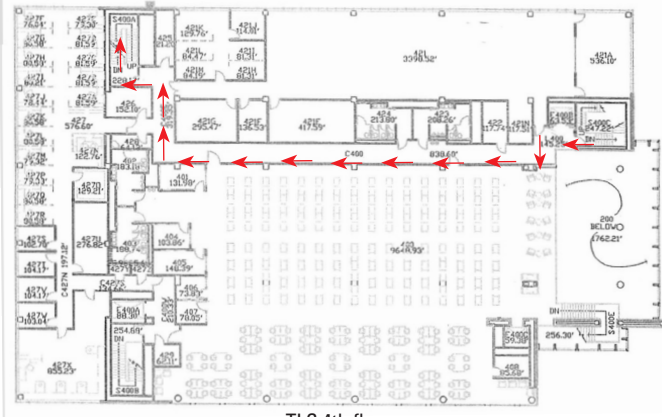
TLC 1st floor

- At 3rd floor, go left out of stairwell traveling East
- At intersection, go right toward the CTE (traveling South)
- Take jiggy-jog at end of hall into Stair C and climb to 4th floor.



TLC 3rd floor

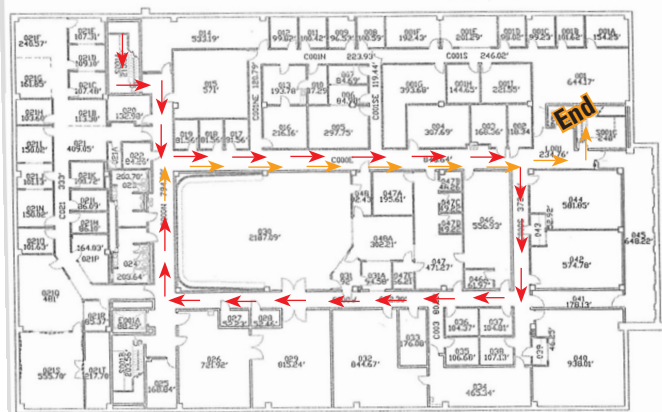
- At 4th floor, take jiggy-jog into main hallway and travel north.
- Take jiggy-jog at end of hallway into Stair A and travel down to basement.



TLC 4th floor

- In basement, go right out of stairwell and then go immediately left going South toward WLNZ*
- At intersection, go right
- At next intersection, go right again.
- At next intersection, go right once again.
- At next intersection, go right one more time and head back toward WLNZ.
- At the end of the hallway, take Stair C back to 1st floor
- **End**
- Start again at the beginning and repeat twice to complete one mile.

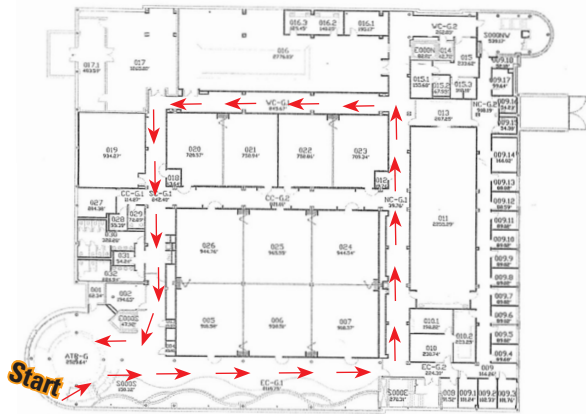
**Note: If you are unable to climb stairs, begin your walk in the basement level.
Walk loop 16 times to complete one mile.*



Basement

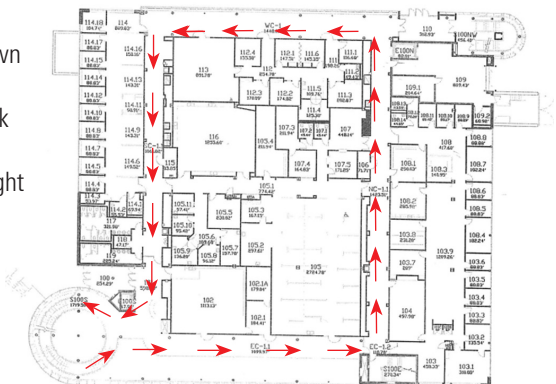
Health & Human Services Building (HHS): one lap = 1/2 mile

- Begin in garden level (basement) lobby at stairs.
- Turn right off stairs and walk down north bound hallway to exit door.
- Go through door and turn left
- Walk to the 2nd intersection (just prior to elevator).
- At this intersection (just prior to the elevator), turn left down hallway to end.
- Turn left again and walk to exit door.
- Go through door and veer right to stairs.
- Climb to 1st floor.



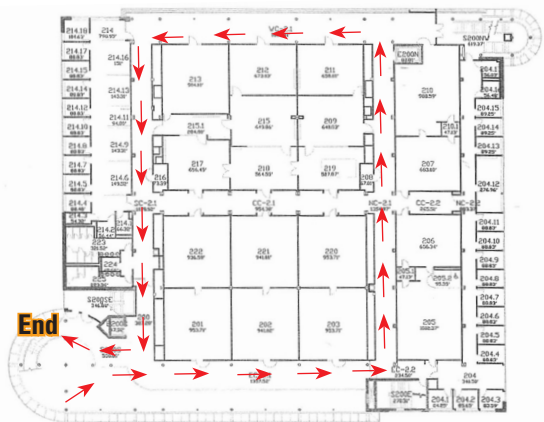
HHS Gargen Level (basement)

- At 1st floor, veer right and walk down north bound hallway to exit door.
- Go through door and turn left.
- Walk to end of hallway.
- Turn left again and walk down hallway to end.
- Turn left once more and walk to exit door.
- Go through door and veer right to stairs.
- Climb to 2nd floor.



HHS 1st floor

- At 2nd floor, veer right and walk down north bound hallway to exit door.
- Go through door and turn left.
- Walk to end of hallway.
- Turn left again and walk down hallway to end.
- Turn left once more and walk to exit door.
- Go through door and veer right to stairs.
- Take stairs down to 1st floor.



HHS 2nd floor

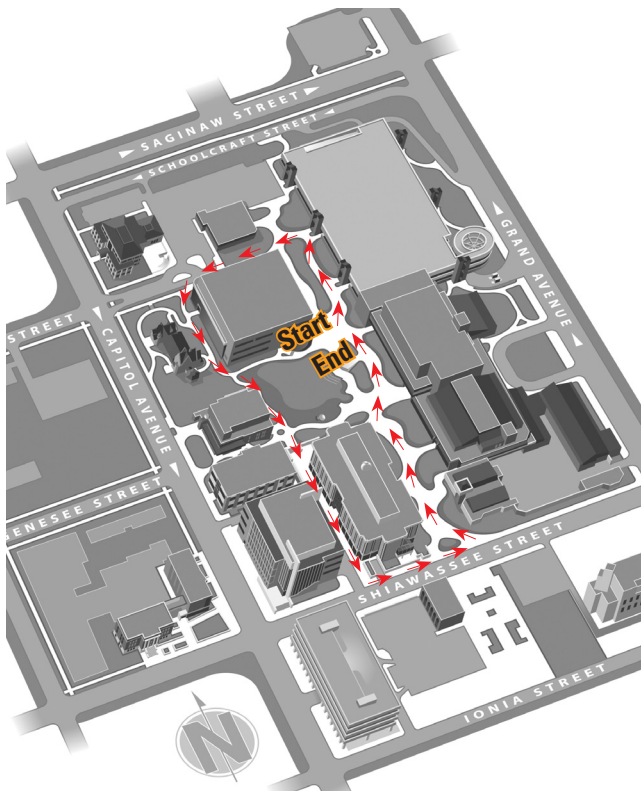
- Follow 1st floor loop again and return to stairs.
- Descend to garden level (basement) and take loop back to stairs.
- **End.**
- Start again at the beginning and repeat once to complete one mile.

*Note: If you are unable to climb stairs, walk either the 1st or 2nd floor loop. Walk loop 10.5 times to complete one mile.

Main Campus Outdoor Loop: 1/2 mile

- Begin at northern point of open air stage (between the north entrance of GVT and south entrance of HHS).
- Walk north toward the parking lot using the stair side of the path.
- At top of stairs, go left. Follow sidewalk between HHS and Photography Lab.
- Turn left down the sidewalk between HHS and RCH (Rodgers Carrier House)
- Follow this sidewalk south to Shiawassee.
- At Shiawassee, turn left again and walk toward the Washington mall.
- Go around the pine tree and information stand and head north walking on the GVT side of the path.
- Return to the northern point of the Amphitheater.
- **End.**

Repeat loop once more to complete 1 mile.



Riverfront Trail

See map at: www.lansingmi.gov/436/Lansing-River-Trail

North bound trail

- Begin at GVT circle drive
- Walk across Grand Ave. to Riverfront Park
- Take sidewalk to metal sided bridge that crosses the river.
- At end of bridge, turn left (north) to first .25 mile marker (it's located on the arm rail on the river side of the path near the Oakland over pass)
- You've just walked .5 mile. Either reverse course to complete 1 mile or continue down the trail and calculate your own distance using the .25 mile trail markers.

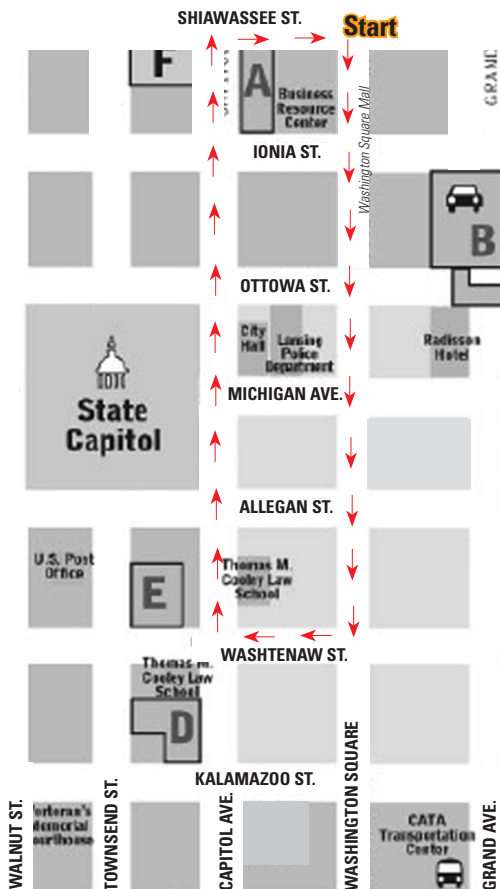
South bound trail

- Begin at GVT circle drive
- Walk across Grand Ave. to Riverfront Park
- Take sidewalk to metal sided bridge that crosses the river.
- At end of bridge, turn right (south) to first .25 mile marker (it's located on a sign post across from the playground area)
- You've just walked 2/5 mile. Either reverse course to complete 4/5 mile or continue down the trail and calculate your own distance using the .25 mile trail markers.

Downtown Loop: 1 mile

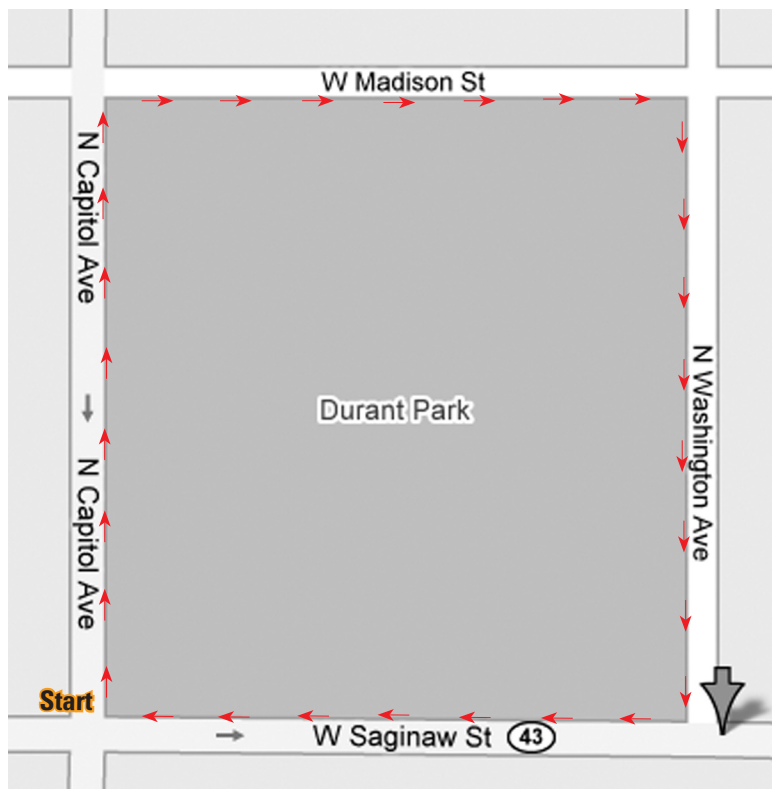
On each of these streets, walk on the outermost sidewalks. Taking the inside sidewalks will shorten your route.

- Start at the intersection of Washington and Shiawassee St.
- Walk south to Washtenaw.
- At Washtenaw, turn right.
- Walk to Capital.
- At Capital, turn right.
- Walk to Shiawassee.
- At Shiawassee, turn right and return to Washington.



Durant Park: 1/4 mile

- Start at corner of Capital and Saginaw.
- Follow outside sidewalk loop around park.
- Complete 4 times to walk a mile.



West Campus: one lap = 1/2 mile

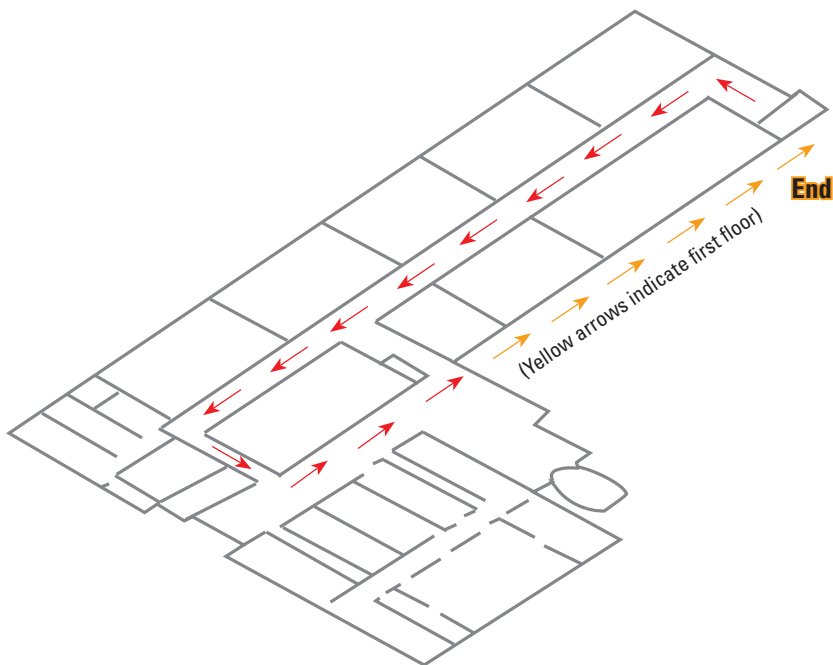
- **Begin** at Fitness Center doors.
- Go left (west) past the south side of the Café and Information Desk to last intersection.
- At the intersection go right (north), through one intersection to the end of the hallway.
- Turn around and come back down the hall to the first intersection and go left (east) passing the north side of the Café.
- Travel east until you reach the first intersection.
- Turn right and walk south to next intersection.
- At the intersection, go left past the fitness center to the stairs.
- Take stairs to second floor.



West Campus 1st floor

- At second floor, go straight off the stairs then make an immediate left.
- Walk to end of hallway and turn left again.
- Walk to end of hallway and turn left again, walking toward the main stairs.
- Go down the main stairs to first floor and return to the fitness center.
- **End.**
- Start again at the beginning and repeat once to complete one mile.

*Note: If you are unable to climb stairs, walk the first floor loop 3 times to complete one mile.



West Campus 2nd floor