



## Carolinus HealthCare System University Outdoor Walking Trail

### 1 MILE WALK:

- Start at the Employee Entrance
- Go to the Discharge Lobby and exit the hospital
- Follow the sidewalk to the visitors parking lot and proceed to the walking trail
- Do 2 laps around the trail
- Exit the trail and make a right into the parking lot
- Stay to the right and walk to the Main Entrance
- Follow the sidewalk on the right hand side of the building
- Continue until you get to the Emergency Room Entrance
- Turn around and follow the sidewalk back to the front of the building
- Continue past the front door towards the Discharge Lobby doors
- Walk past the discharge lobby doors, past administration windows
- Ascend the ramp toward the Employee Entrance to complete the walk

