# Campus Walking Trails

### Trail #1: The Upper Campus Loop (0.4 miles)

1. Start outside The Bookmark. Walk toward Bowers Hall.
2. Walk past Sperry Center and turn right.
3. Walk between Old Main and Moffett Center to Graham Ave.
4. Turn right at Graham Ave.
5. Turn right at Prospect Terr. by Dowd Fine Arts Center.
6. Walk past the library, turn right and end at The Bookmark.

### Trail #2: Downtown Loop (1.35 miles)

1. Follow steps one through three for Trail #1.
2. Cross Graham Ave. at crosswalk.
3. Turn left and walk to corner of West Court St.
4. At West Court St. turn right.
5. Follow West Court Street to Main St.
6. Turn right on Main St.
7. Turn right on Tompkins St.
8. Turn right on Prospect Terr. (steep hill).
9. Walk past the library, turn right and end at The Bookmark.

### Trail #3: Residence Hall Loop (0.9 miles)

1. Start outside The Bookmark. Walk toward Prospect Terr./ Neubig Rd. and take a right down the hill.
2. Turn left at crosswalk in front of Van Hoesen Hall and take the service road between the pay parking lot and Neubig Hall.
3. Follow the service road to Warren St.
4. Turn right at Warren St.
5. Turn right at Broadway St.
6. Turn right at Neubig Rd. traffic light.
7. Follow Neubig Rd./Prospect Terr. to The Bookmark (steep hill).

### Trail #4: Athletics Loop (2.3 miles)

1. Start outside The Bookmark. Walk toward Prospect Terr./ Neubig Rd. and take a right down the hill.
2. Follow Prospect Terr./Neubig Rd. to Broadway St.
3. At traffic light cross Broadway St. to Pashley Dr.
4. Follow Pashley Dr. to the service road between Lusk Field House and the tennis courts and turn right.
5. Follow the service road past the tennis courts, Park Center and the baseball field.
6. Cross Lankler Dr. where the service road ends (no crosswalk, be careful).
7. Follow Lankler Dr. past the Stadium Complex until you reach Stratton Dr. (stay on the sidewalk).
8. Turn around.
9. Retrace the route to The Bookmark (steep hill).

### Trail #5: Professional Studies Building Loop (0.4 miles)

1. Start at bus shelter by Park Center.
2. Walk right on Folmer Dr. until you reach the stop sign.
3. Turn left and continue on to Pashley Dr., walking behind the Professional Studies Building.
4. Turn left on Folmer Dr. and return to bus shelter.

### Trail # 6 Park Center Loop (1.3 miles)

1. Start at bus shelter by Park Center.
2. Walk right on Folmer Dr. until you reach the stop sign.
3. Cross Folmer Dr. (no crosswalk, be careful)
4. Turn right. Be careful as you walk on the grass until the sidewalk picks up. Continue on to Lankler Dr.
5. Turn left on Lankler Dr. and walk past Stadium Complex until you reach Stratton Dr.
6. Turn around.
7. Retrace route back to step #3 and continue straight ahead to Pashley Dr.
8. Follow Pashley Dr., walking behind the Professional Studies Building.
9. Turn left on Folmer Dr. and return to bus shelter.

### Trail # 7 Lower Campus Loop (2.1 miles)

1. Follow step #1-5 for Trail #6.
2. Turn left (sidewalk ends, stay on grass) and follow Stratton Dr. to the stop sign at the entrance to Service Group.
3. Turn around.
4. Follow steps #7-9 for Trail #6.



## Walking Tips

- Wear comfortable shoes.
- Wear reflective clothing at night.
- Stay on sidewalks and away from traffic as much as possible.
- Cross streets at crosswalks.
- Pay attention to traffic signals.
- Consider walking with a buddy, especially at night.
- Be extra cautious when icy conditions exist.

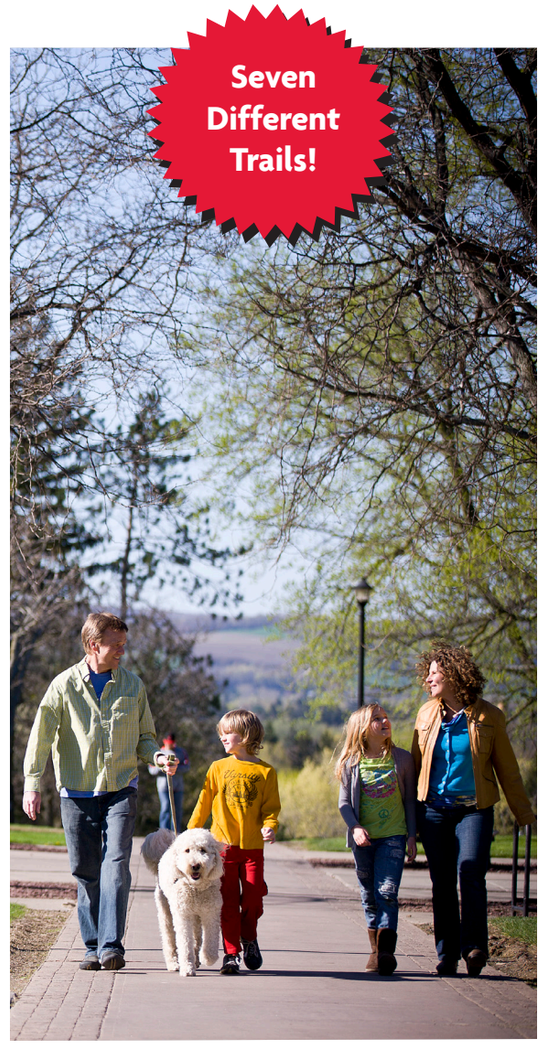
***Walking for Wellness is sponsored by Women's Initiatives***

Additional copies of this brochure can be obtained at the trail head located outside The Bookmark and outside the main entrance to Park Center. You may also download the brochure online at www.cortland.edu/campustrail/map.pdf.

SUNY Cortland

Campus Walking Trails Map

# Walking for Wellness




SUNY Cortland

# Campus Walking Trails

SUNY Cortland offers seven campus walking trails ranging from 0.4 to 2.3 miles. There is an upper campus trail head located at The Bookmark, the cafe in Memorial Library, and a lower campus trail head located at the bus shelter on Folmer Drive by Park Center. The Downtown Loop trail takes you to Main Street so you can do some errands while getting some fresh air and exercise.

Walking can help you improve your health, tone muscles, lose weight, reduce stress, improve your sleep and stay mentally alert. Walking has the lowest dropout and injury rates of all exercise programs, is easy, convenient and inexpensive — all you need is a good pair of shoes.

| Bldg. Name | Bldg. No. |
|---|---|
| Alger Hall | 31 |
| Bishop Hall | 29 |
| Bowers Hall | 15 |
| Broadway House | 38 |
| Brockway Hall | 3 |
| Casey Tower | 37 |
| Chemical Mgmt. Facility | 47 |
| Cheney Hall | 2 |
| Clark Hall | 26 |
| Commissary/Receiving | 46 |
| Corey Union | 23 |
| Cornish Hall | 20 |
| DeGroat Hall | 4 |
| Dowd Fine Arts Center | 10 |
| Education Building | 21 |
| Fitzgerald Hall | 25 |
| Glass Tower Hall | 27 |
| Grounds Service Building | 45 |
| Hayes Hall | 34 |
| Heating Plant | 14 |
| Hendrick Hall | 35 |
| Higgins Hall | 33 |
| Interfaith Center | 6 |
| Leadership House | 19 |
| Lusk Field House | 41 |

| Bldg. Name | Bldg. No. |
|---|---|
| Main Street SUNY Cortland | 1 |
| McDonald Building | 8 |
| Memorial Library | 18 |
| Miller Building | 12 |
| Moffett Center | 11 |
| Neubig Hall | 24 |
| New Residence Hall | 36 |
| Newmark Pavilion | 17 |
| O'Heron Newman Hall | 9 |
| Old Main | 13 |
| Park Center | 43 |
| Parks Alumni House | 7 |
| President's Residence | 5 |
| Professional Studies Building | 42 |
| Randall Hall | 30 |
| Service Group | 48 |
| Shea Hall | 28 |
| Smith Tower | 37 |
| Sperry Center | 16 |
| Stadium Complex | 44 |
| Student Life Center | 40 |
| Van Hoesen Hall | 22 |
| West Campus Apartments | 49 |
| Whitaker Hall | 39 |
| Winchell Hall | 32 |

