WWU Campus Wellness Routes
You don’t have to use any special starting point to take these routes.
Start at any point on the route that’s convenient and then
Run, Walk, Stroll, or Roll

**Viking Mile**
- **Approximate walking time**- 20 minutes
- **Distance**- 1.03 mile round trip  
- **Area**- Most of the main campus core
No stairs are required with use of short detours shown in green on the map. Some slopes may not be ADA compliant.

**South Campus Loop**
- **Approximate walking time**- 22 minutes
- **Distance**- 1.13 mile round trip  
- **Area**- Parks Hall to the new tennis courts
Note- This route will change during and after construction of the AIC building. New routes will be determined at a later date.
Not ADA compliant.

**FM to PAC Plaza**
- **Approximate walking time**- 44 minutes
- **Distance**- 2.24 mile round trip  
- **Area**- Facilities Management to PAC Plaza
Note- This route will change during and after construction of the AIC building. New routes and distances will be determined at a later date.
Please use caution crossing Bill McDonald Parkway. Use designated crosswalks. Not ADA compliant.

**North Campus Short Loop**
- **Approximate walking time**- 10 minutes
- **Distance**- 0.54 mile round trip  
- **Area**- College Hall to Edens Hall
No stairs are required. Some slopes may not be ADA compliant.

**Middle Campus Short Loop**
- **Approximate walking time**- 10 minutes
- **Distance**- 0.56 mile round trip  
- **Area**- SMATE to Old Main
No stairs are required with use of detours shown in green on the map. Some slopes may not be ADA compliant.

**South Campus Short Loop**
- **Approximate walking time**- 10 minutes
- **Distance**- 0.48 mile round trip  
- **Area**- Parks Hall to SMATE
No stairs are required with use of the short detour shown in green on the map. Some slopes may not be ADA compliant.

**FM Short Loop- Commissary**
- **Approximate walking time**- 10 minutes
- **Distance**- 0.5 mile round trip  
- **Area**- Facilities Management to the Commissary
Please use caution crossing Bill McDonald Parkway. Use designated crosswalks. Not ADA compliant.

**FM Short Loop- East College Way Tunnel**
- **Approximate walking time**- 20 minutes
- **Distance**- 1 mile round trip  
- **Area**- Facilities Management to the East College Way tunnel
Please use caution crossing Bill McDonald Parkway. Use designated crosswalks. Not ADA compliant.

Please note- Distances are close but approximate
* Walking times based on moderate pace of 3 miles per hour