

## **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