



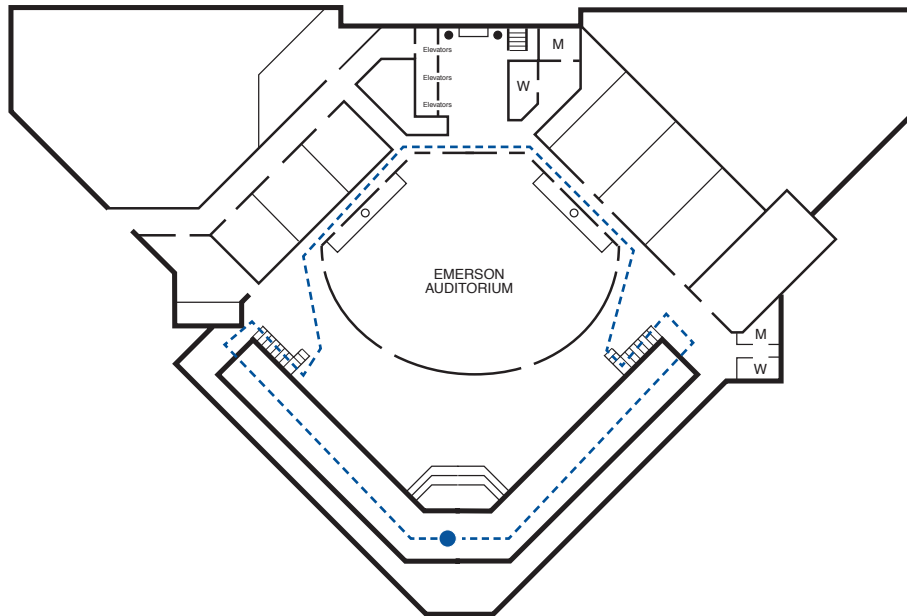
Walking Paths for St. Luke's Hospital Campus

Indoor St. Luke's Hospital Campus:

Route A

Start in the South MOB lobby. Turn left and walk around perimeter of atrium, go down west steps and turn left at bottom of steps (toward Conf. Room 4). Walk around lower atrium to east steps. Go up steps and turn right to walk around perimeter of atrium to starting point of South MOB lobby. **Mileage: 10 laps = 1 mile; 20 laps = 2 miles; 30 laps = 3 miles**

● Start

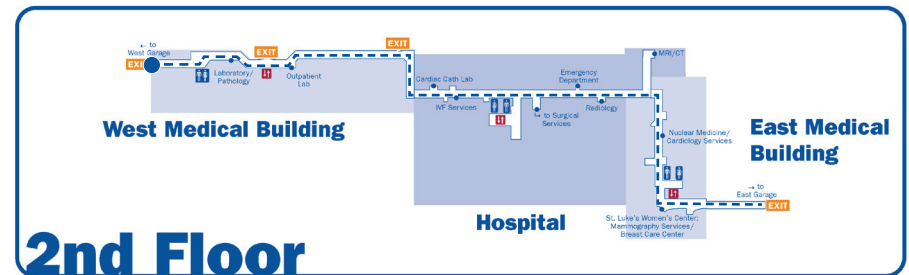


Route B

Walk from the East MOB 2nd floor garage entrance by mammography through the hallway past the Cardiac Cath Lab to the West MOB garage entrance, and back.

Mileage: 5 laps = 1 mile

● Start



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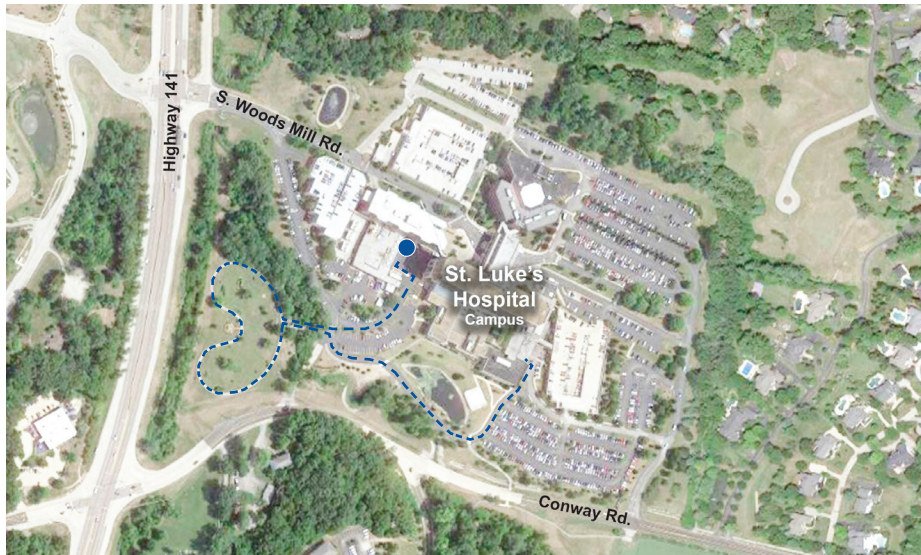
Walking Paths for St. Luke's Hospital Campus

Outdoor St. Luke's Hospital Campus:

Route A

Exit West MOB employee entrance or West MOB 1st floor into parking lot (by Receiving). Walk down to outdoor track and do one lap. Then walk around lake to East MOB entrance. Reverse route. **Mileage: 1 mile (Do same route above twice, but do 2 laps around the track each time: 3 miles)**

● Start

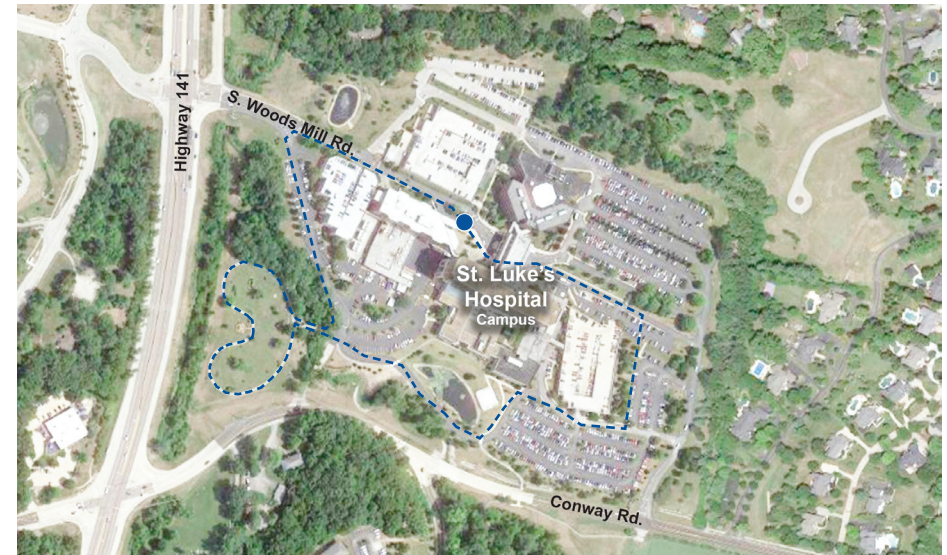


Route B

Exit front of West MOB on the 3rd floor. Turn left at corner by West garage. Walk down service drive to track area and do one lap around track (1/4 mile). Exit track and turn right to drive around lake to front of East MOB. Take sidewalk east past garage into parking lot on left. Walk through parking lot to stairs. Take both flights of stairs to 3rd level drive. Turn left and proceed in front of hospital lobby to West MOB entrance.

Mileage: 1 mile

● Start



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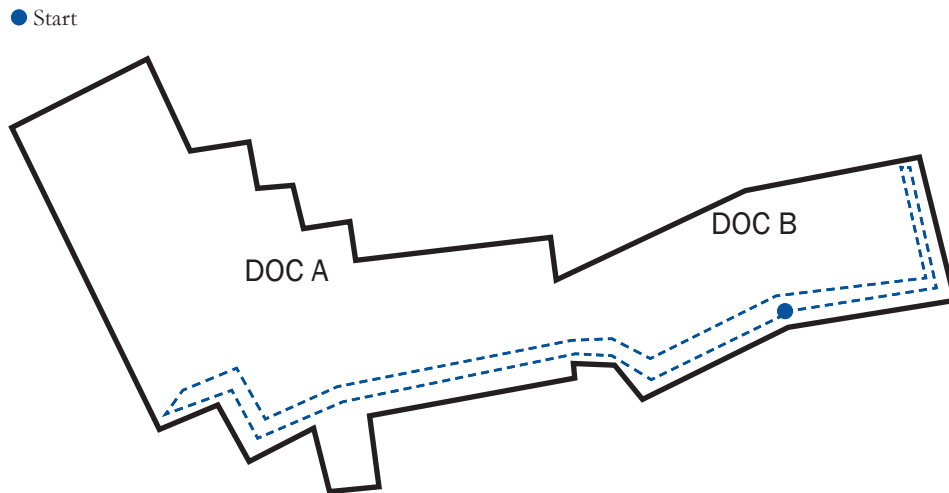


Walking Paths for DOC & Resource Center

Indoor DOC Buildings:

Route A

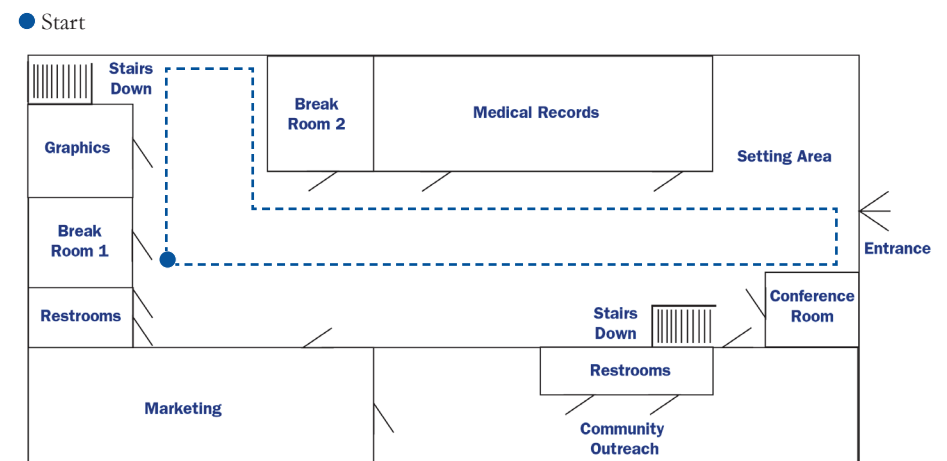
From DOC B main entrance, turn right and head towards elevators. At the elevators, turn around and head towards the elevators in DOC A. At these elevators, turn around and return to DOC B main entrance. **Mileage: 5 laps = 1 mile**



Indoor Resource Center Building:

Route A

Start at the Resource Center Entrance D and walk towards Entrance C. Turn and head towards the restrooms/lunch area and make a right turn. Walk towards the window and return the same path back to the Resource Center Entrance D. **Mileage: 6 laps = .5 mile**



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Walking Paths for DOC & Resource Center

Outdoor DOC and Resource Center Buildings:

Route A

Start at the Resource Center Entrance C and head towards DOC B and go through the parking lot. Turn right and the end to walk a large rectangle including the west Resource Center parking lot. End at the Resource Center Entrance C. **Mileage: 4 laps = 1 mile**

● Start



Route B

Start at the Resource Center Entrance C and walk along the sidewalk to DOC B main entrance and return. **Mileage: 3 laps = 1 mile**

Route C

Start at the Resource Center Entrance A and follow the outer edge of the large parking lot to complete the lap. **Mileage: 5 laps = .75 mile**

● Start



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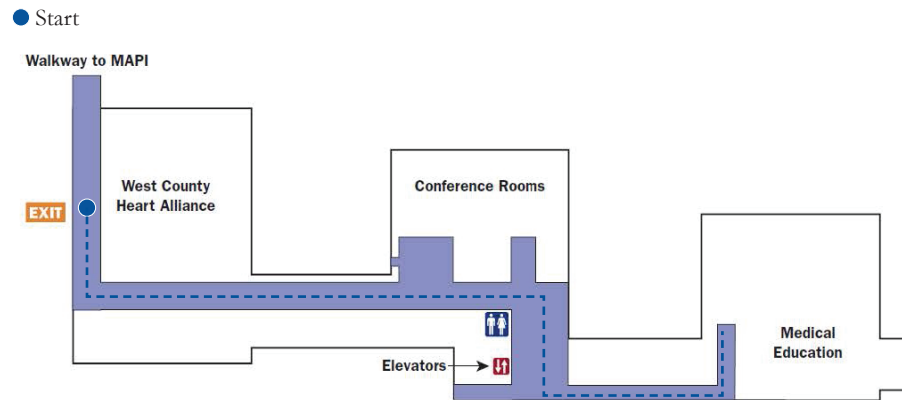


Walking Paths for St. Luke's Des Peres Hospital

Indoor St. Luke's Des Peres Hospital:

Route A

Start at 1st level entrance doors, turn right and follow hallway to medical library and return to entrance doors. **Mileage: 7 laps = 1 mile**



Outdoor St. Luke's Des Peres Hospital:

Route A

Start at sidewalk at the St. Luke's Des Peres Hospital entrance. Follow the sidewalk to Dougherty Ferry Rd and turn left. Follow the paved path around the pond and continue until the trail ends. Return on the same path back to the hospital entrance.

Mileage: 1 lap = 1.3 miles

● Start



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