

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: Extended Residence Hall Loop (1.25 miles)

1. Follow steps one through four for Trail #3.
2. Cross Broadway St. and continue down Warren St. toward Lusk Field House.
3. Turn right on Pashley Dr.
4. Follow Pashley Dr. to Broadway St.
5. Re-cross Broadway St. at traffic light and follow Neubig Rd./ Prospect Terr. to The Bookmark (steep hill).

Trail #5: 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 #6: 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 #7 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 #8 Lower Campus Loop (2.1 miles)

1. Follow step #1-5 for Trail #7.
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 #7.



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.

Campus Walking Trails Map

Walking for Wellness

**Eight
Different
Trails!**



SUNY
Cortland

SUNY
Cortland

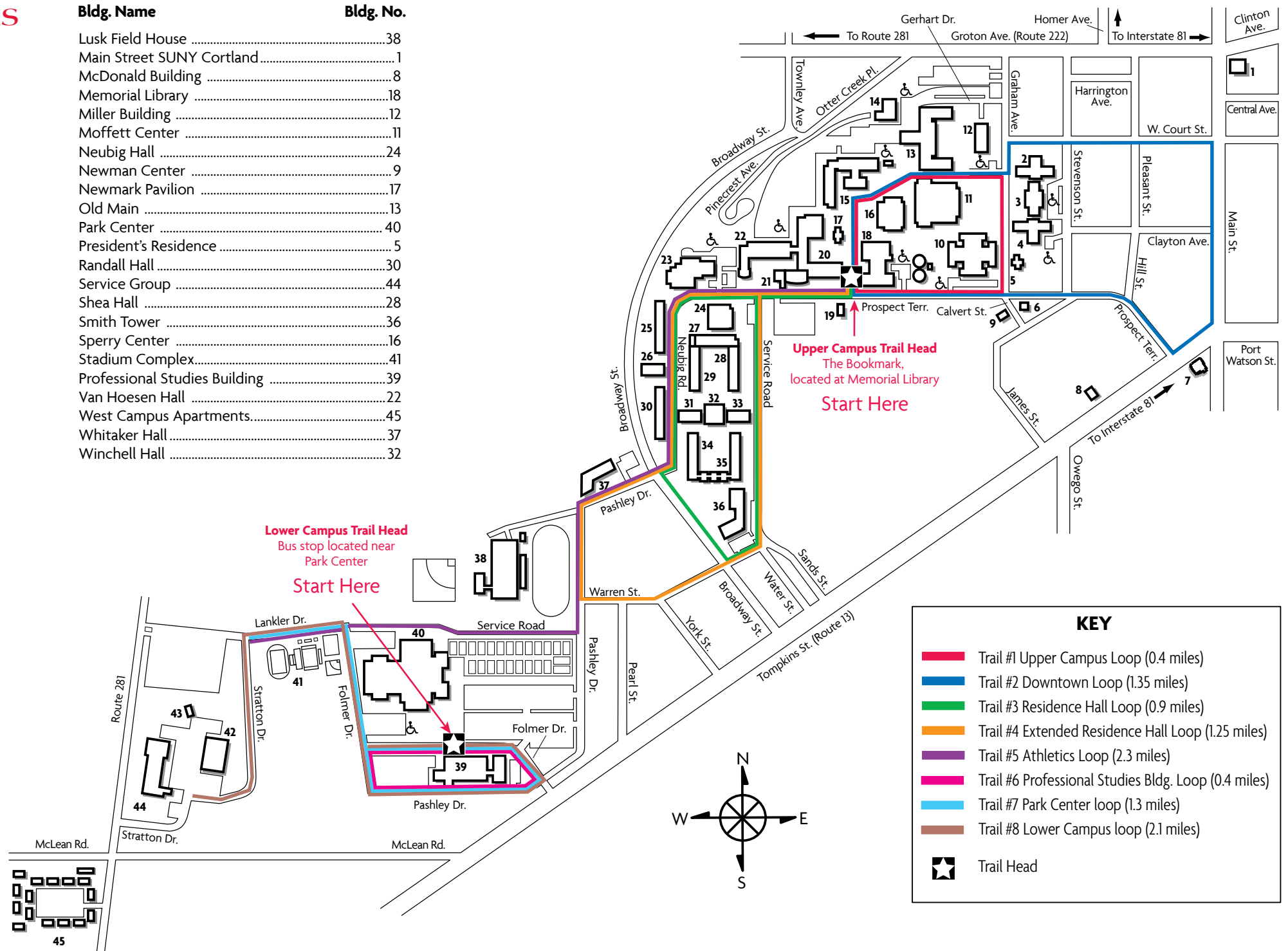
Campus Walking Trails

SUNY Cortland offers eight 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.
Lusk Field House	38
Main Street SUNY Cortland	1
McDonald Building	8
Memorial Library	18
Miller Building	12
Moffett Center	11
Neubig Hall	24
Newman Center	9
Newmark Pavilion	17
Old Main	13
Park Center	40
President's Residence	5
Randall Hall	30
Service Group	44
Shea Hall	28
Smith Tower	36
Sperry Center	16
Stadium Complex	41
Professional Studies Building	39
Van Hoesen Hall	22
West Campus Apartments	45
Whitaker Hall	37
Winchell Hall	32

Bldg. Name	Bldg. No.
Alger Hall	31
Alumni House	7
Bishop Hall	29
Bowers Hall	15
Brockway Hall	3
Casey Tower	34
Chemical Mgmt. Facility	43
Cheney Hall	2
Clark Hall	26
Commissary/Receiving	42
Corey Union	23
Cornish Hall	20
DeGroat Hall	4
Dowd Fine Arts Center	10
Education Building	21
Fitzgerald Hall	25
Glass Tower Hall	27
Hayes Hall	34
Heating Plant	14
Hendrick Hall	35
Higgins Hall	33
Interfaith Center	6
Leadership House	19



KEY

- █ Trail #1 Upper Campus Loop (0.4 miles)
- █ Trail #2 Downtown Loop (1.35 miles)
- █ Trail #3 Residence Hall Loop (0.9 miles)
- █ Trail #4 Extended Residence Hall Loop (1.25 miles)
- █ Trail #5 Athletics Loop (2.3 miles)
- █ Trail #6 Professional Studies Bldg. Loop (0.4 miles)
- █ Trail #7 Park Center loop (1.3 miles)
- █ Trail #8 Lower Campus loop (2.1 miles)
- Trail Head