

MEMORIAL MILE

Route #1

This route includes stairs and covers several buildings within the Memorial campus. Two laps of this route make up one mile.

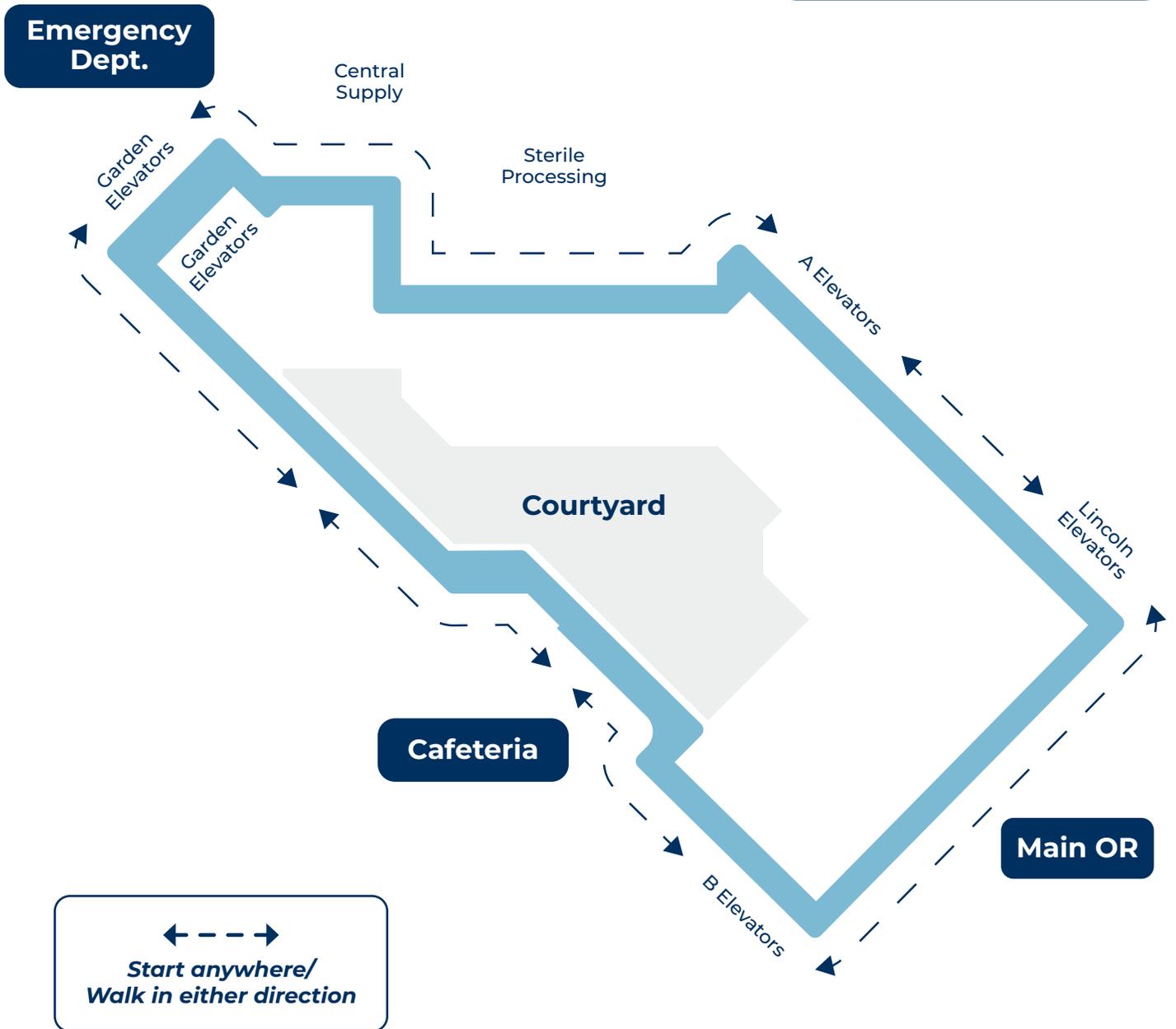


- ★ 1. Start at Main Lobby Info Desk
2. Walk toward the Chapel past Main Elevator
3. Turn right and follow hallway toward Special Procedures Area
4. Turn left and continue through doors to Baylis skywalk
5. Turn around at double doors (do not enter SIU clinics)
6. Walk same route in reverse back to Admission & Testing
7. Turn right at Admission & Testing and walk down hallway
8. Turn right toward the Springfield Conference Room (B149)
9. Turn left and walk through door up the ramp toward MLC
10. Take elevators or stairs up to second floor
11. Enter MLC Skywalk to arrive on second floor of MLC
12. Walk a lap around second floor
13. Walk same route in reverse back to Admission & Testing
14. Turn right back to Main Lobby Info Desk

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Route #2

Route #2 is a simpler route on the Lower Level with no stairs. Eight laps of this route make up one mile.



THE INDOOR PATHS OFFER AN EASY, ACCESSIBLE WAY TO TAKE A HEALTHY WALKING BREAK THAT SUPPORTS BOTH EMOTIONAL AND PHYSICAL WELL-BEING.