

# Cuyamaca College Wellness Walks

**Route 1** *open road* (1,450 steps) Begin at Bldg. F, pass the Warehouse (on right) and **Automotive** (on left), turn left on access road, then take a right to loop around the **Nursery**, past Bldg. I, then return to Bldg. F.

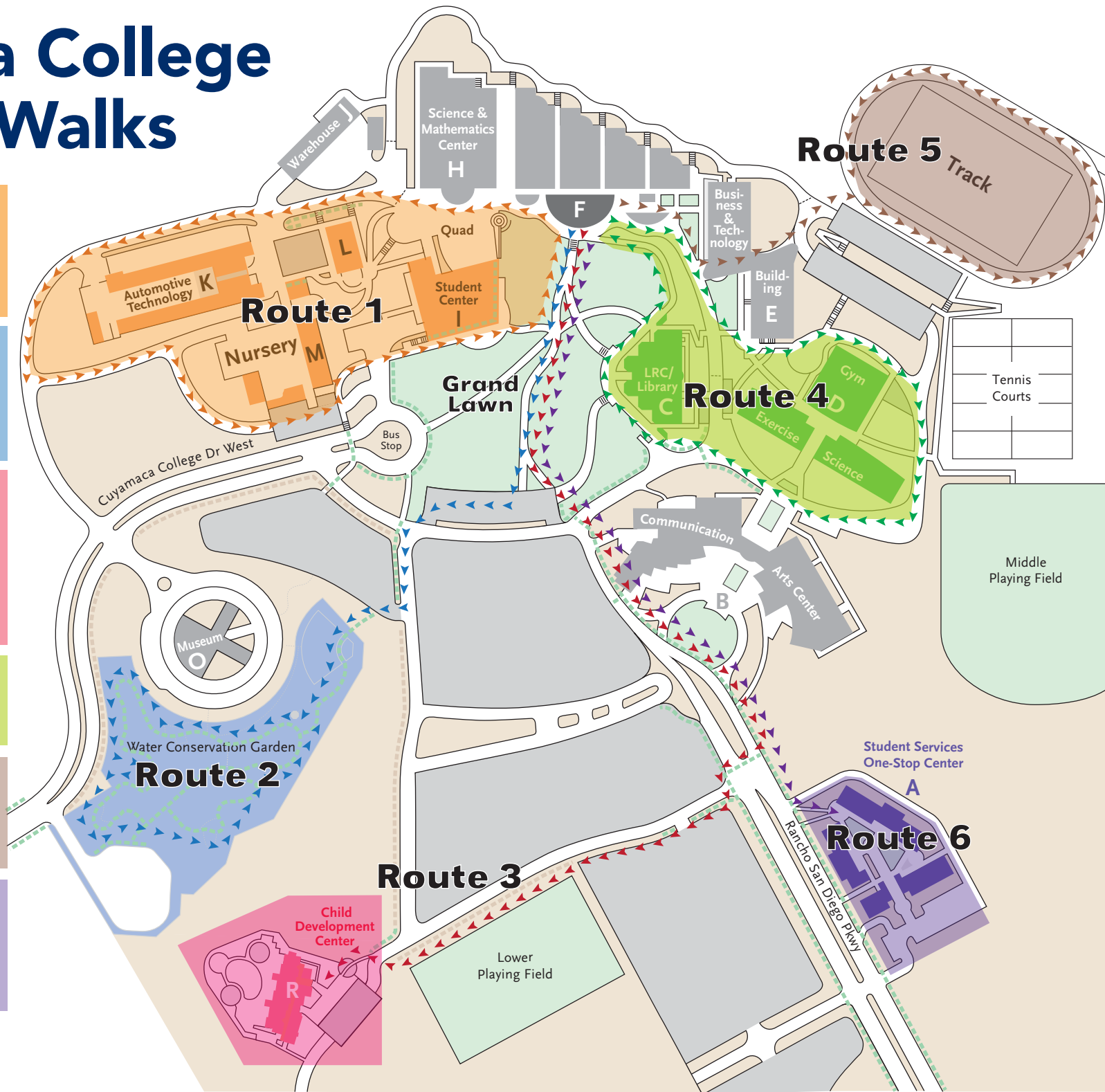
**Route 2** *green shade* (1,400 steps) Begin at Bldg. F, walk through the Grand Lawn, and head towards the **Water Conservation Garden** entrance (lock) by the Amphitheater. Loop around the Garden and return to Bldg. F.

**Route 3** *sunny sidewalk* (1,250 steps) Begin at Bldg. F, walk through the Grand Lawn, cross the street heading towards the A Bldg. and pass the B Bldg., then turn right towards the **Child Development Center**, passing the lower field. Once there, re-trace your steps to return to the F Bldg.

**Route 4** *quick walk* (1,275 steps) Begin at Bldg. F, continue past Bldg. E and the **Gym** to Bldg. B, loop around the **LRC/Library** returning to Bldg. F.

**Route 5** *sunny* (1,200 steps) Begin at Bldg. F, at the E Bldg., take stairs up and head to the **Track/Soccer Field**, continue around the Field one time, then return to Bldg. F.

**Route 6** *mostly sun* (1,350 steps) Begin at Bldg. F, continue through the Grand Lawn, cross the street and head towards the A Bldg., pass the B Bldg. to the **A Bldg.**, then re-trace your steps to return to the F Bldg.



- Sidewalk, crosswalk
- Footpath (dirt/gravel)