



## NWHSU Indoor Walking Routes



**\*Get moving inside – even when the weather isn't cooperating outside**

### One-Mile Route

\*starts on main level at door #4

- Go right down hall past Admissions office and then left down the north hallway, continuing down the hallway past the Hall of Honor.
- At the end of the Hall of Honor go right (by Research offices) to go down the stairs to the lower level.
- At the bottom of the stairs, go left and follow the hallway past the MCAOM clinic and through the double doors.
- Continue down the hallway towards the Physical Plant offices and fitness center.
- Take a left to go up the stairs to the main level (by the gym).
- At the top of the stairs, take a right heading towards the pool and then take another right going back down the hallway past the Hall of Honor.
- At the end of the hallway, take a left by door #2 and go up the stairs to the 2<sup>nd</sup> floor.
- Walk down the hallway to the other end (south side of building) and take the stairs all the way down to the lower level (by the AV office).
- Go down the hallway and turn right by the student senate office to go down the hallway towards IT.
- Half-way down the hall, go up the stairs (by door #5) to the main level where you will be facing the foyer.
- Go right following the hallway past the cafeteria and continue the loop past door #4 and Admissions down the north hallway towards door #2.
- Take a left by Alumni/Development and go towards the main stairwell (by the library).
- Go up the main stairs to the 2<sup>nd</sup> floor.
- At the top of the stairs, take a right to the north end of the hall and then take the stairs back down to the main level (by door #2).
- Go right and continue down the hallway by the Hall of Honor.
- At the end of the Hall of Honor go right (by Research offices) to go down the stairs to the lower level.
- At the bottom of the stairs, go left and follow the hallway past the MCAOM clinic and through the double doors.
- Take a left and continue down the hallway past the Communications offices; go up the stairs to the main level (by door #4).
- Take a right to make a small loop around the auditorium (passing Admissions offices), turning left to walk through the foyer and down the stairs to the right of the cafeteria.
- At the bottom of the stairs, take a left passing Massage Therapy and MCAOM offices.
- At the end of the hallway, take another left (by Accounting) and go up the main stairwell to the main level.
- At the top of the stairs, go right and continue down the hallway past the cafeteria, ending at door #4 where you started.

