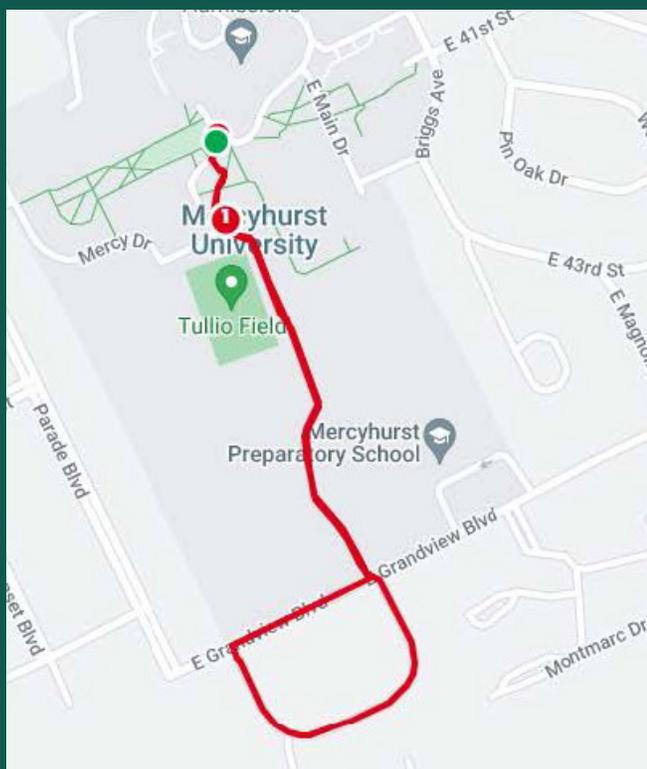


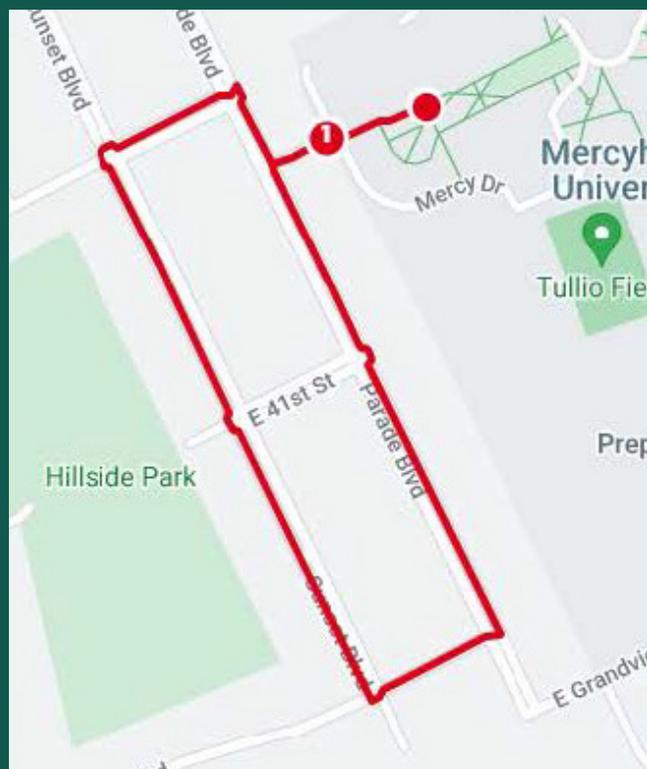
Mindful Movement on Campus and in the Greater Erie Community-MU4U

Want to stay close to campus? Check out these walking routes through the beautiful and historic neighborhoods surrounding the Hurst. Exercise can be formal or informal, planned or unplanned—but it should absolutely be one thing: something you enjoy!



1-Mile Trinity Green Loop

This loop begins at Trinity Green, continues uphill on the Mercy Walk, crosses Grandview Boulevard to the Diocese driveway, then crosses Grandview Boulevard again. The route travels back downhill along the Mercy Walk and ends at Trinity Green.



1-Mile Hilly Loop

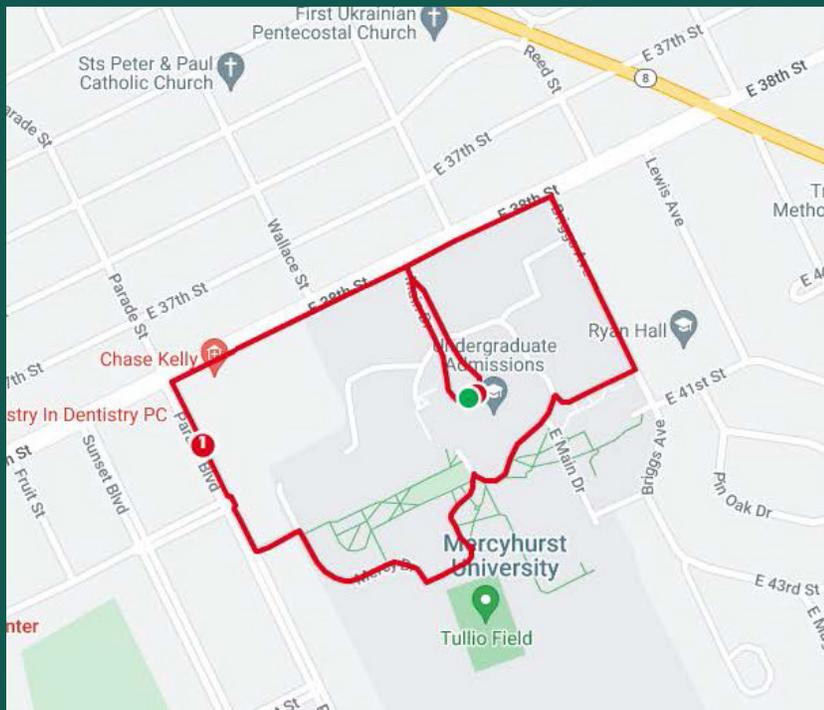
This route begins and ends in front of the Mercyhurst Athletic Center. Leaving through the Parade Street gates, walkers travel up Sunset Boulevard, continue east on Lakeview Boulevard, then head north (downhill) on Parade Boulevard back to campus. This is a very hilly route.

Suggest more routes:

Contact Campus Health and Well-being, ssweeney2@mercyhurst.edu

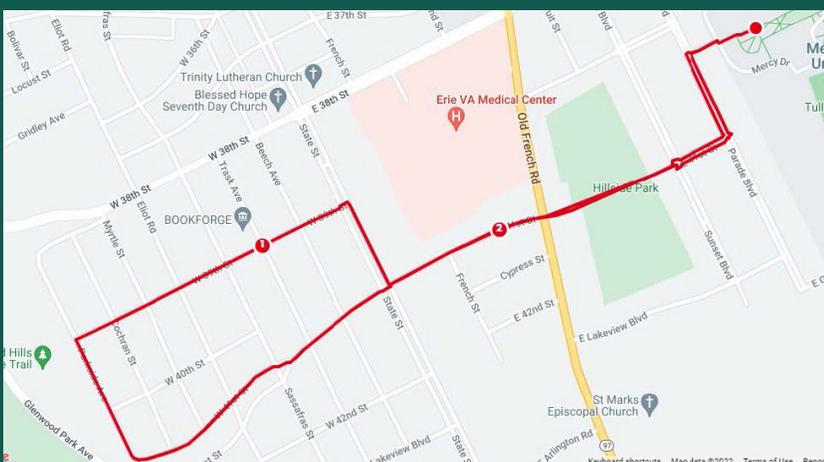
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1.4-Mile Campus Loop

This walk begins and ends at Mary's Garden in front of Old Main. From Mary's Garden, head down the sidewalk to 38th Street St. and turn left to walk west. Turn left onto Parade Boulevard and head south toward the campus entrance. At the entrance, turn right and continue walking past the ice arena to the Briggs Avenue entrance, then walk north downhill until reaching the 38th Street St. sidewalk. Turn left and follow the sidewalk back to the front entrance, returning uphill to Mary's Garden.



2.5-Mile Glenwood Hills Loop

This route begins and ends in front of the Mercyhurst Athletic Center. It is a mostly flat walk that crosses Old French Road at 41st Street St., taking walkers through the beautiful Glenwood Hills neighborhood off upper State Street.

Suggest more routes:

Contact Campus Health and Well-being, ssweeney2@mercyhurst.edu