

# WALK THE HURST

## Old Main Indoor Walking Route:

Start at the Preston Hall/Walker School of Business mailroom back entrance

Go up three flights of stairs

Walk through Preston Hall

Go up a half flight of stairs

Walk through the third floor of Old Main, passing the Learning Differences and Fashion offices toward Old Main Room 303

Go down the stairs to the second floor

Walk through Old Main, then turn right toward Egan, going down a half flight of stairs  
Walk through the second floor of Egan

Go down one flight near Egan Room 224

Walk through the first floor of Egan, passing Academic Support and Egan offices

Enter Old Main, then go downstairs near the west entrance to return to the Preston Hall/Walker School of Business mailroom back entrance

## Library and CAE Indoor Walking Route:

Start on the first floor of the library

Walk one lap around the first floor of the library

Go up the back stairs near the elevator to the second floor

Walk one lap around the second floor

Go up the stairs to the third floor

Walk one lap around the third floor

Go up the stairs to the fourth floor

Walk over to and across the CAE bridge

Enter CAE, go down two levels of stairs, and exit through the front door – or reverse the route to return to the library for a 20-minute walk

**Suggest more routes:**

**Contact Campus Health and Well-being, [ssweeney2@mercyhurst.edu](mailto:ssweeney2@mercyhurst.edu)**