

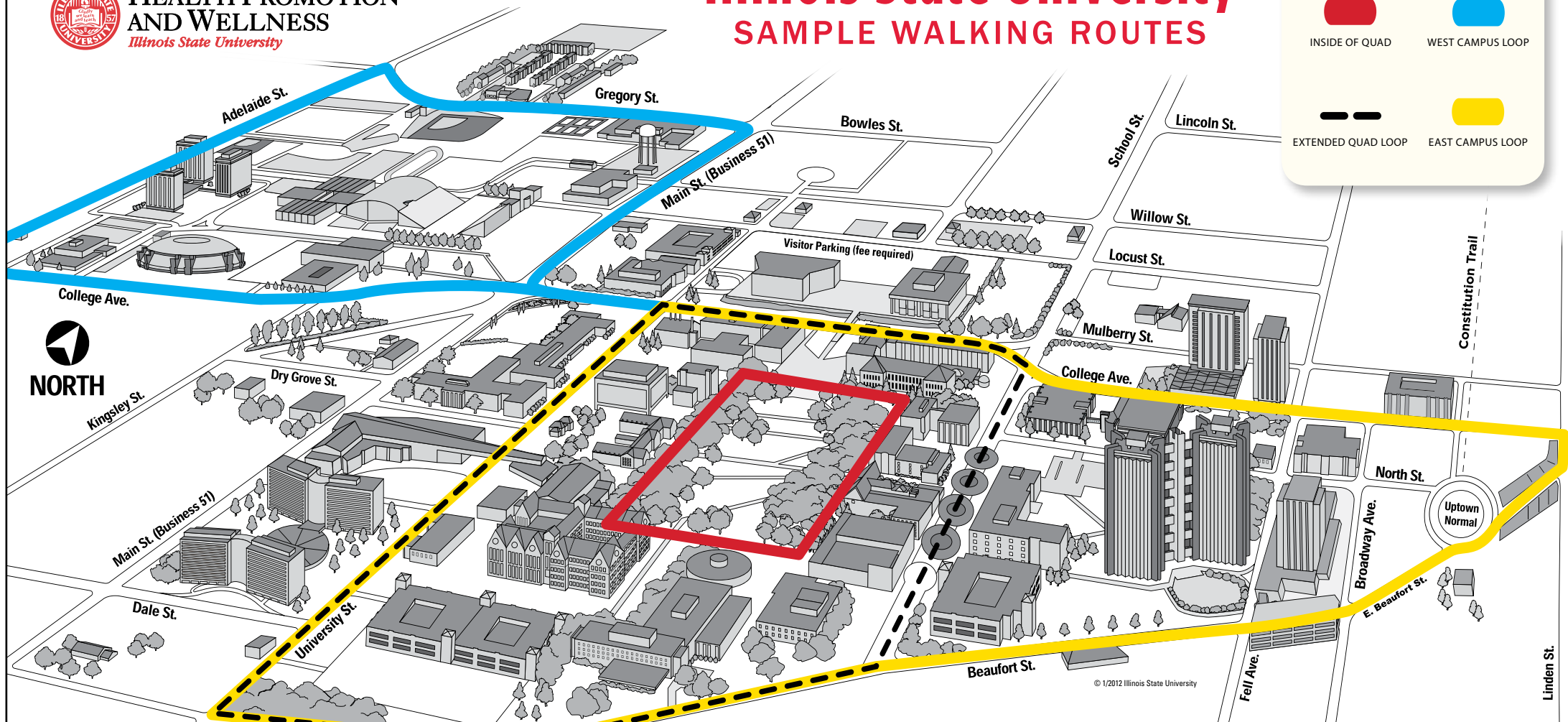


**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

Illinois State University

SAMPLE WALKING ROUTES

INSIDE OF QUAD	WEST CAMPUS LOOP
EXTENDED QUAD LOOP	EAST CAMPUS LOOP



Inside of Quad—0.6 miles

(Routes are rounded to the closest tenth of a mile)

Extended Quad loop—1.2 miles

- University Street south to Beaufort Street
- Left on Beaufort Street
- Left at Center for Performing Arts
- Continue north through In Exchange to College Avenue
- Left on College Avenue and continue west to University Street

West Campus loop—1.8 miles

- Follow College Avenue west under tunnel toward Turner Hall
- Right on Adelaide Street
- Right on Gregory Street
- Right onto Main Street at University High
- Continue south on Main Street to College Avenue
- Take tunnel to the left and follow College Avenue to University Street

East Campus loop—1.7 miles

- University Street south to Beaufort Street
- Left on Beaufort Street
- Follow Beaufort east through Uptown Normal to Linden Street
- Left on Linden Street
- Left on College Avenue and continue west to University Street

Additional resources are available online at Wellness.IllinoisState.edu