

Hearnes Center--Main Concourse

Distance: 6,030 ft

Steps: 2,760

Time: **30** minutes

1. Walk six loops around the main concourse.

Distance: 3,015 ft

Steps: 1,380

Time: **15** minutes

1. Walk three loops around the main concourse.

Lewis & Clark Trail

Distance: 756 ft. (approx. 1/8 mi.)

Steps: 350

Time: approx. 3 min.

1. Start at the main entrance on the Southeast corner of the building (1st floor).
2. Go **RIGHT** past the Lewis Hall elevators.
3. Walk to the end of the hall; go through the white door into the stairwell.
4. Go to the bottom of the stairs to the basement level and through the black door.
5. Go through a small locker room and through a wooden door.
6. Walk to the end of the hall past the Lewis elevators and go down the stairs to your **RIGHT**. (Enter Clark Hall).
7. Go to the end of the hall turn **LEFT** towards the Clark elevators.
8. Go down the short hall to the left of the elevators; enter the stairwell through the blue door.
9. Go up one flight of the 1st floor, through the black door.
10. Walk straight out into the Clark Hall main lobby area.
11. Turn **RIGHT** and go back to the Southeast entrance up a small flight of stairs.

MU Sinclair School of Nursing Trail

Distance: 280 ft. (go around 5 x's for approx. 1/4 mi.)

Steps: 130

Time: approx. 1 min 30 sec. (7 min. 30 sec. for 1/4 mi.)

1. Start at the West entrance that faces the Health Sciences Library on the 2nd floor.
2. Walk across the entryway area to the other doors facing the Mid-Campus Housing Complex.
3. Turn **RIGHT** down the hall and follow this around continuing to turn **RIGHT** (**DO NOT** exit the SON into the Med School)
4. Continue around the hall back towards the West entrance where you started.

Townsend Trail

Distance: approx. 1/4 mi.

Steps: 532

Time: approx. 7 min.

1. Enter through the main doors on the South of the building (2nd floor).

2. Turn RIGHT at the top of the stairs and walk to the end of the hall.
3. Turn LEFT and walk the end of the hall then turn around and walk back towards the South entrance.
4. Walk past the South entrance to the stairs on your RIGHT.
5. Go down one flight of stairs to the 1st floor.
6. At the bottom of the stairs turn LEFT and walk to the end of the hall following it to the stairs for the EAST entrance; turn around and walk back toward the main stairwell.
7. Walk past the stairs to the end of the hall following it around to the RIGHT; turn around and walk back to the main stairwell.
8. Go up one flight of stairs to the 2nd floor.
9. At the top of the stairs turn RIGHT and follow the hall the RIGHT all the way to the end.
10. Turn around and go back to the main entrance on the South.