Indoor One Mile Walk: Duns Scotus Hall



Begin at ground floor lobby in the West end stairwell (door that is nearest to Canavan Hall)

Walk the length of the ground floor, and take the East end stairwell (closest to Campus Drive) to the first floor.

Walk the length of the first floor, back to the West end stairwell, and take stairs to second floor.

Walk the length of the second floor, to the East end stairwell and takes stairs to third floor.

Walk the length of the third floor, back to the West end stairwell. At this point, take the stairs all the way down to the ground level, and begin again.

Walk the length of the ground floor, and take the East end stairwell (closest to Campus Drive) to the first floor.

Walk the length of the first floor, back to the West end stairwell, and take stairs to second floor.

Walk the length of the second floor, to the East end stairwell and takes stairs to third floor.

Walk the length of the third floor, back to the West end stairwell. At this point, take the stairs all the way down to the ground level.

This route is just shy of one mile. Your walk through the parking lot, an extra length down the ground floor at the end, or a quick turn off from the ground floor using the ramp to the Patio (and return), can add the additional length if you want an exact mile.