Get moving

UND School of Medicine and Health Sciences
Walking Path

One lap equals one length of the North-South hallway. All distances listed below = ¼ mile

Floor 1: 5 laps
Floor 2: 5 laps (Admissions Office door/window area to south end of hallway)
Floor 3: 4½ laps (½ lap stops at elevator)
Floor 4: 4½ laps (½ lap stops at elevator)
Floor 5: 4½ laps (½ lap stops at elevator)

WALKING TRAIL MAP

PARKING RAMP

STAIRWELL

OPTION 1
5 TIMES = 1 MILE

- Starting in the basement
- Take stairs to the main floor landing
- From the main floor landing walk to the 3rd floor
- Walk through the hall and skywalk over to the last sign in the East tower
- Take the stairs down and back up the East tower
- Turn around and walk back to checkpoint
- Head back down the stairs to the basement
- Repeat 5 times for a mile!

OPTION 2
3 TIMES = 1/4 MILE, 6 TIMES = 1/2 MILE

- Take stairs at the landing to the 3rd floor
- Walk through the hall and skywalk over to the last sign in the East tower
- Return to checkpoint by the 3rd floor stairs
  - Return to checkpoint 3 times equals 1/4 mile!
  - Returning to checkpoint 6 times equals 1/2 mile!