

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.