

WELLNESS CAMPUS INCLINE

Get your cardio workout here by going up and down slopes and stairs! Plenty of variety as you travel around the College's central open spaces and walk through sunny and shaded sections such as the wonderful Dawn Redwood Allée. **This is an exercise route, so no waypoints are described.**

Theme: Exercise

Amenities: Campus Views, Benches, Emergency Phones

Surface: Mostly Paved, Grass Section; 1.0 mile long.

Slope: Stairs, Inclines, Flat parts; 39 ft elevation gain

Hazards: Wet Grass, Ponding

Emergencies: Use a campus emergency phone (E) or call Public Safety (610) 328-8333

Difficulty Rating: Spirited - I enjoy getting my heart going on walks. Nothing beats the thrill of taking on a rewarding climb on varied terrain with inclines, and with some rocks and roots in the pathway. Let's keep moving –occasional stops only, please.

Resources shown on the map:

Benjamin West P & R: Parking lot with many 3-hour visitor spaces. Public Safety &

Visitor Information's restrooms are open 24-hours, 7 days, with a water fountain in the lobby.

Parrish Hall R: Restrooms are located on 1st floor main hallway with ramp at the east end of Parrish near the Rose Garden. Seating on the front porch.

Lang R & E: Lang Performing Arts Center's restrooms are located in 1st floor entrance area. The Emergency Phone is outside on back of entrance pillar.

Kohlberg F & R: Kohlberg Coffee Bar is open weekdays with 1st floor restrooms down hallway.

Science F & R: Science Center Coffee Bar, accessed through an entrance door (SC-2) on the left wing, is open every day. A drinking fountain is in the entry hall, while the 1st floor restrooms are down a hallway.

Whittier P: The Whittier Lot has limited visitor spaces M-F before 3:30PM, and many spaces after 3:30 M-F and all weekend.

Elm P: Street parking on Elm Avenue, between Cedar Lane and Walnut Lane.

E: Emergency phones (3 are shown)

Swarthmore Senior Citizens Assn.
<https://swarthmoreseniors.com>

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Map is on other side of this page.

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Feedback/corrections to SwarthmoreTrails@gmail.com

