

WELLNESS CAMPUS SIGNATURE WALK

With few stopping places, you can zip across campus on this easy, east to west walking loop. But do pause to sit on Parrish Hall's front porch and enjoy the expansive views down to the train station and Swarthmore Town Center. **This is an exercise route, so no waypoints are described.**

Theme: Exercise

Amenities: Campus Views, Benches, Emergency Phones

Surface: Paved; 0.9 miles long.

Slope: Mostly Flat, 26 ft elevation gain.

Hazards: None

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

Difficulty Rating: No Sweat - I exercise for fun, not to win contests. I like to explore at an easy pace, stopping to snap photos and smell the roses. Varied terrain doesn't scare me, but let's not do anything too extreme.

Resource(s) 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.

Scott Arboretum - P & R: The parking lot has limited spaces. Scott's Wister Center on the left has restrooms open weekdays with a hallway water fountain

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.

F & R: Essie Mae's Snack Bar (In Clothier Hall) is open weekdays with restrooms down stairs in the basement..

P: Street parking on Elm Avenue, between Cedar Lane and Walnut Lane. [not shown on map]

P: Street Parking on the east side of Cedar Lane, between Elm and Ogden avenues. [not shown on map]

E: Emergency phones (3 are shown)

Feedback/corrections to SwarthmoreTrails@gmail.com

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