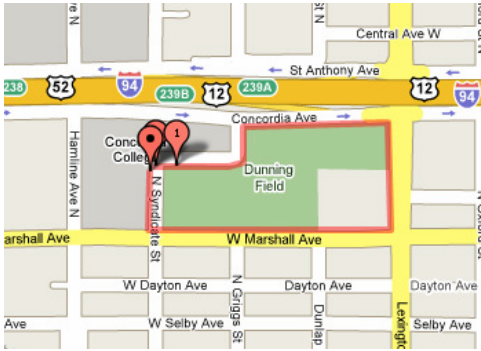


Concordia University St. Paul

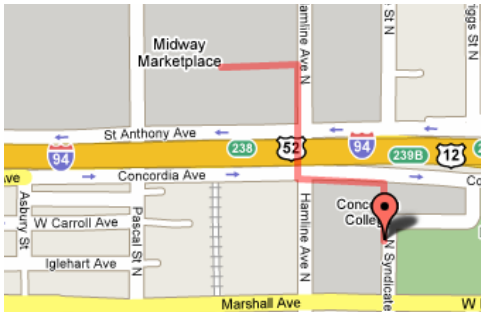
Walking Routes

Dunning Field/Oxford Pool Loop– 1 mile



- Begin at Luther statue.
- Head south on Syndicate.
- Go left onto W. Marshall.
- Turn left onto Lexington (½ mile mark).
- Continue on Lexington, taking a left onto Concordia Avenue.
- At Griggs continue to the left.
- Turn right onto Carroll.
- End at Chapel (1 mile mark).

Midway Shopping Center – 1 mile



- Begin at the Luther statue.
- Go north on Syndicate.
- Turn left onto Concordia.
- Continue through parking lot A.
- Cross Hamline at St. Anthony.
- Turn right onto Hamline.
- Continue north (½ mile mark at Target).
- Run errands and return home to complete your 1 mile walk!

Dining Hall Stroll – ¼ mile

- Start at the President's Dining Room.
- Go up the stairs to the third floor.
- Continue down the hallway past the Wellness Center.
- Take the stairs down to the tunnel leading to the LMC Building.
- At the LMC03 Community Room, continue up the stairs to the first floor.
- Continue through the main entrance of the LMC building.
- Passing the main desk, take your first right into the hallway.
- At the end of this hallway, take another right-hand turn.
- Go left into the corridor and continue down the steps into the tunnel.
- Continue to the right at the bottom of the stairs, proceeding through the LMC tunnel to the Dining Hall.
- Take a left at the first hallway leading to the Dining Hall Building.
- End at the President's Dining Room.



*“In every walk with nature
one receives far more
than he seeks.” – John Muir*

Did you know? Tracking and maintaining a healthy habit such as walking for at least four weeks helps make it a lifetime habit. Turn the page to start tracking your walking today.