#6 University of Vermont Medical Center Walking Path – 0.5 Miles – Moderately Easy Wheelchair Accessible
Start outside of the ACC Main Pavilion by taking a right on the paved sidewalk. Continue down the concrete stairs and past the emergency department entrance. Keeping on the sidewalk, you will first pass the side entrance to the McClure building on your right. Continue to follow the sidewalk past the historic Mary Fletcher building. Stop by the Park Bench Yoga Station to stretch. As you continue up the incline, the ACC Main Pavilion will come into view.

#7 One South Prospect/ Waterman Block – 0.7 Miles – Easy
Start your walk out the front door of either the One South Prospect building or the Waterman Building on So. Prospect Street. Continue along until you reach the corner of College Street. Turn right onto College Street walking towards the corner of So. Williams Street. Take a right on So. Williams Street. You will walk the length of So. Williams Street until you come to Pearl Street. At Pearl Street, turn right. You are now heading towards the corner of Pearl Street and So. Prospect Street. Turn right on So. Prospect and conclude your walk at your starting point.

#8 One South Prospect to UVM Davis Center – 1 Mile – Moderately Easy
Begin your walk out the front door of the One South Prospect building. Walk South on So. Prospect towards Main Street. When you reach Main Street, turn left and begin walking up a slight incline towards the Davis Center. Once you reach the Davis Center, you will walk a route through the UVM main campus that will take you past the University of Vermont Medical Center main campus to Colchester Ave. Take a left onto Colchester Ave. and continue walking until you come to the corner of So. Prospect Street. Turn left on So. Prospect. This will take you back to the entrance of One South Prospect.

Contact Us
Address: 85 South Prospect Street, 228 Waterman Building
Email: wellness@uvm.edu
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#1 Centennial Woods Natural Area – 1.05 Miles – Moderately Difficult
Start at the Centennial Woods Natural Area trailhead located on Catamount Drive. This trail is rated moderately difficult and should take about an hour to walk. The trail can be wet or muddy and has several steep sections. Wear appropriate hiking footwear. The UVM Environmental Program has installed small wooden arrow signs for you to follow.

#2 Perkins Geology Museum – 1.17 Miles – Easy
Start near the fountain on the University Green and walk towards Billings. This walk is rated easy and makes it ideal at a brisk pace during lunch. From Billings, follow the pedestrian path though the Fleming Green. Turn left and head towards the Colchester Avenue traffic light, crossing the street and continuing on towards Delehanty Hall/Perkins Geology Museum. On the return walk, stay on Colchester Avenue until you get to the Dewey Hall crosswalk. Cross over to the University Green.

#3 East Woods Natural Area – 0.44 Miles – Easy to Moderate
Start at the small parking area located off Swift Street. This trail is rated an easy to moderate hike through dense, mature woods. The hilly trail is short, very scenic and makes a great lunchtime or after work hike. The hiking trail heads straight into the woods and then turns left after about 30 feet. Continuing straight ahead along the trail, you will see the remains of an abandoned railroad trestle crossing Potash Brook. Further along the trail, you will parallel the Potash Brook for a short distance and walk through a grove of tall Eastern Hemlock trees and back to where you started.

#4 Redstone/U-Heights – 1.53 Miles – Easy
Start at the University Green fountain and cross South Prospect Street towards the Waterman Building. Walk towards Main Street, continuing on South Prospect until you reach the exit drive from the Redstone Green. Turn left at the Green and walk until you reach University Heights Road. Continue walking, eventually turning left onto Main Street. Cross Main Street at Morrill Hall and walk until you reach the University Green fountain.

#5 Joggers’ Course – 3.25 – Moderately Difficult
Start on the Joggers’ Course located adjacent to the Guicciardi Fitness center. This walk is great for walking, jogging or biking. Most of the path is level, with almost all of it on paved path. A short stretch, about .75 miles, is a dirt path through a grassy field next to the Burlington Country Club.