

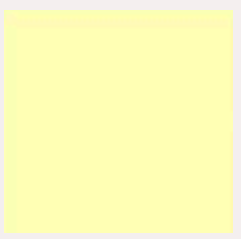
## Map Key



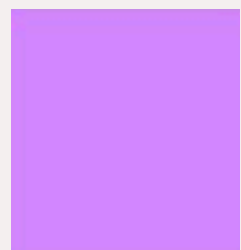
The Slane  
Stroll



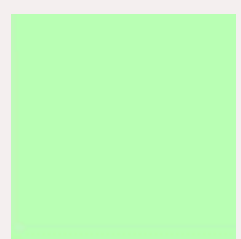
The Congdon  
Circuit



The Panther  
Trail



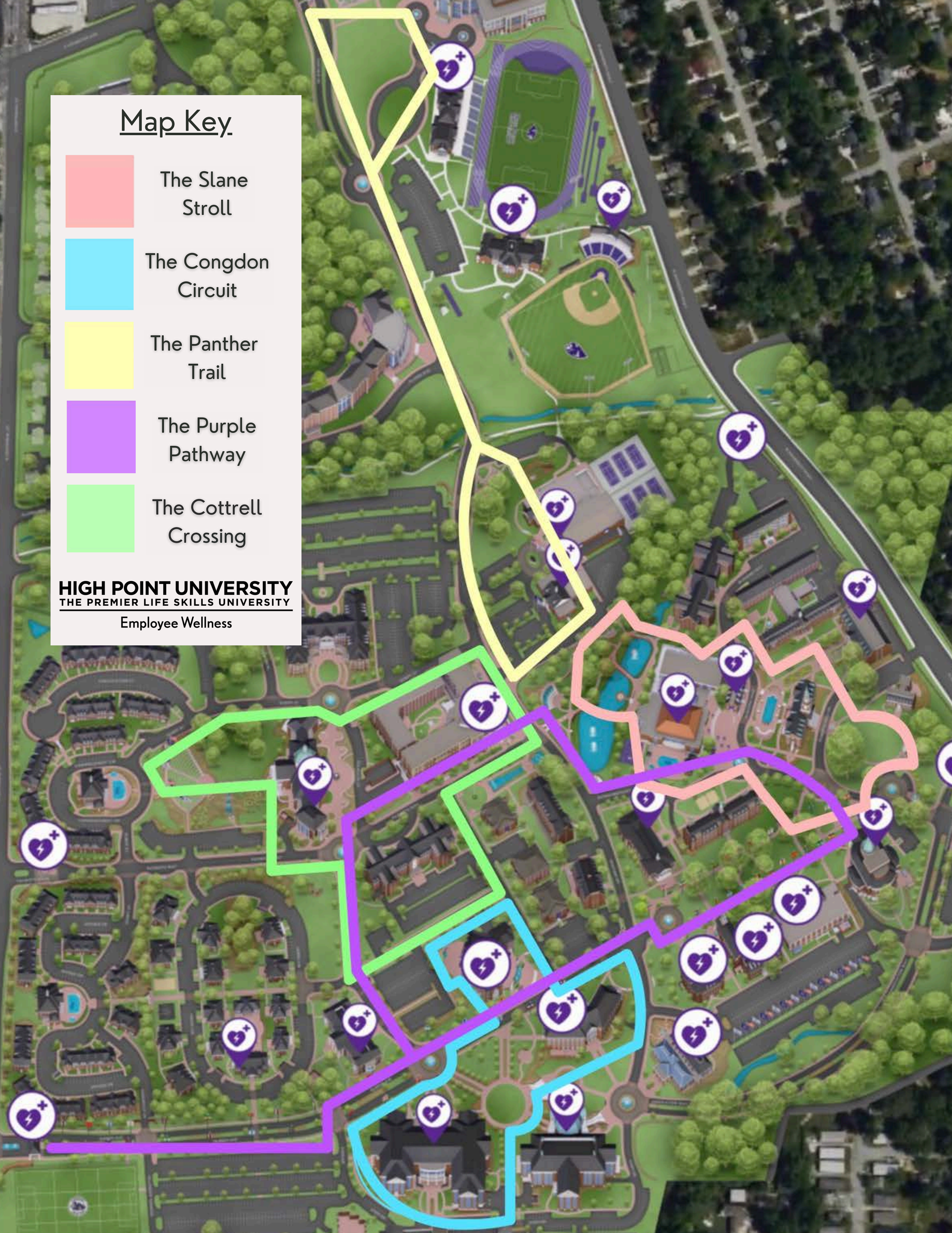
The Purple  
Pathway



The Cottrell  
Crossing

**HIGH POINT UNIVERSITY**  
THE PREMIER LIFE SKILLS UNIVERSITY

Employee Wellness

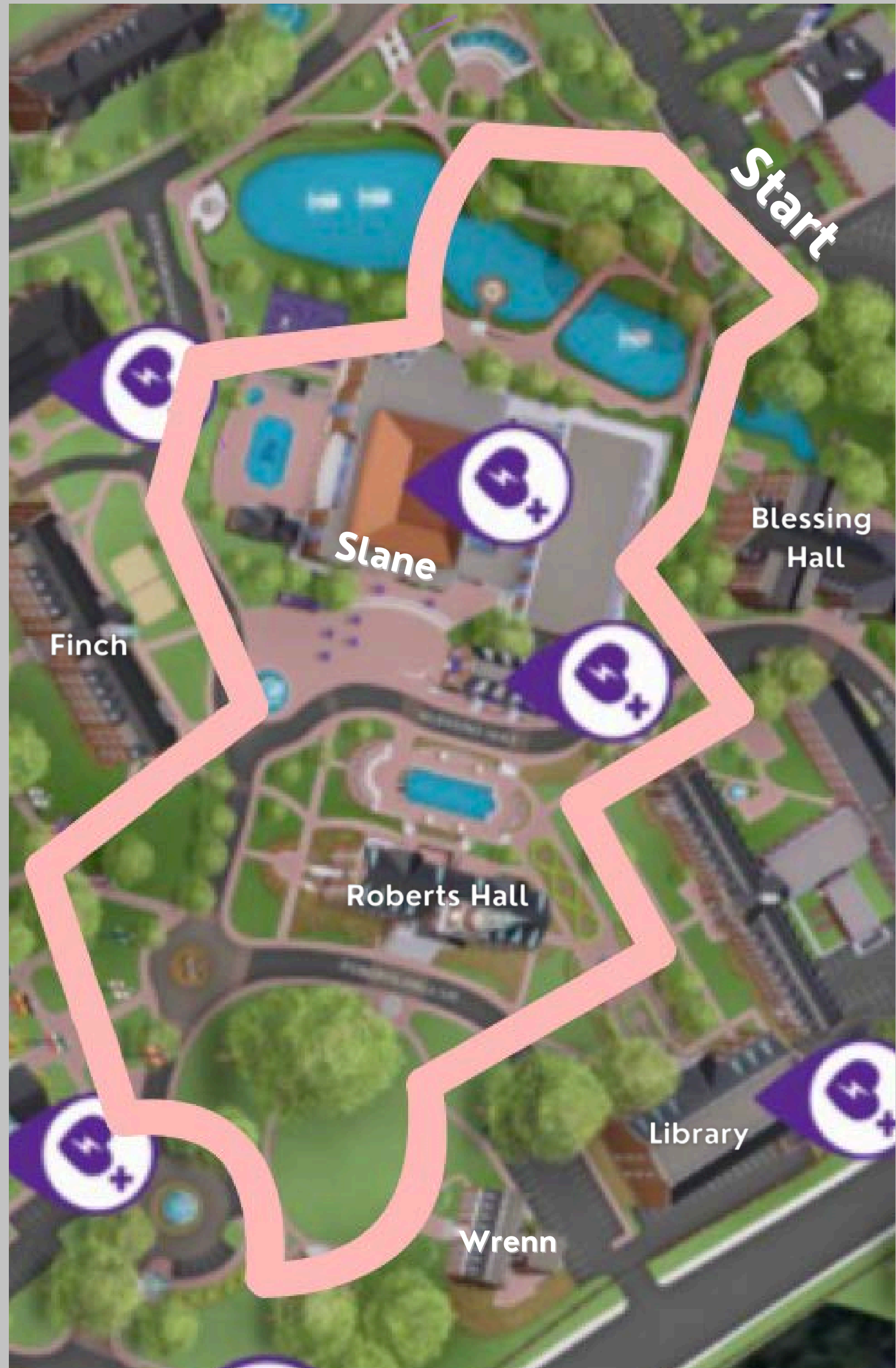


# Directions:

- Start at the top of the stairs near the Mark and Julie Phillips Sculpture Garden
- Walk towards Blessing and take the stairs near the back entrance to the Cafe
- Walk across the street to the library, continue past Wrenn, and walk around the Atlas Olympic Strength Sculpture
- Cross the street at the roundabout and head towards the promenade
- Take a right at Finch and go towards Slane
- Take a left at the fountain in front of Slane, going down the hill
- Take a right after the Slane pool at the basketball courts
- Take a left, go down the stairs, and walk in between the far left ponds
- Take a right back up the stairs to where you started



## The Slane Stroll



**Distance: .54 miles**

**Steps: 1,180**

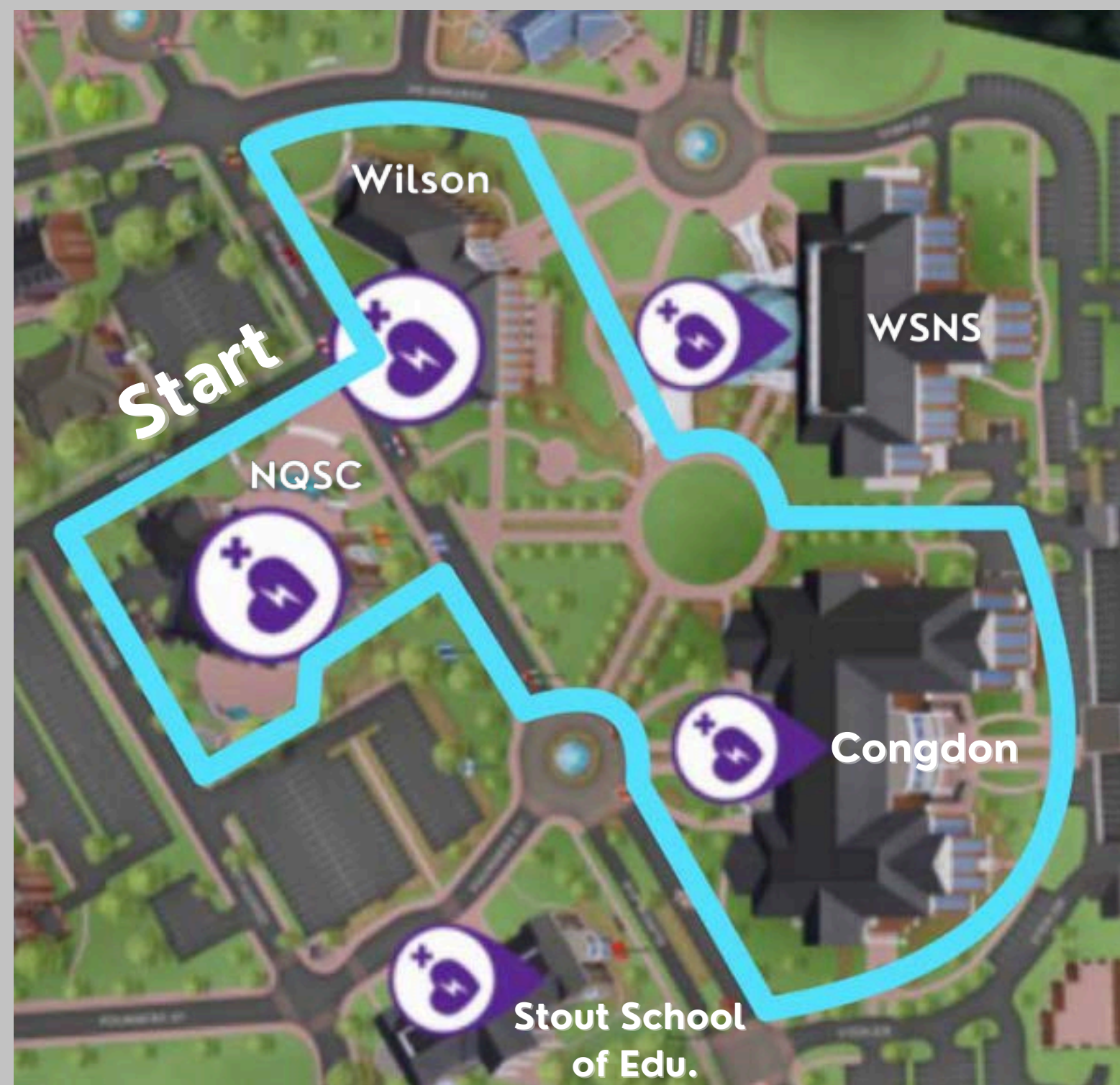
**HIGH POINT UNIVERSITY**  
THE PREMIER LIFE SKILLS UNIVERSITY

Employee Wellness

# Directions:

- Start in front of Nido Qubein School of Communication
- Walk towards the R.G. Wanek Center and take a left up the hill, beside NQSC
- Take a left towards the parking lot of NQSC, walking under the pergola and down the stairs to your left
- Walk straight towards the main road, taking a right, and continue towards Stout School of Education
- Go around the roundabout and once you reach Congdon School of Health Sciences, take a left
- Walk around Congdon, going all the way past the Parking Garage
- Once you pass Congdon and before you get to Wanek School of Natural Sciences, take a left
- As you meet the roundabout, take a slight right and exit down the stairs
- Once you reach the main road, take a left up the hill with Wilson Commerce on your left.
- Come to the 4-way at the top of the hill, take a left back towards NQSC back to where you started

## The Congdon Circuit



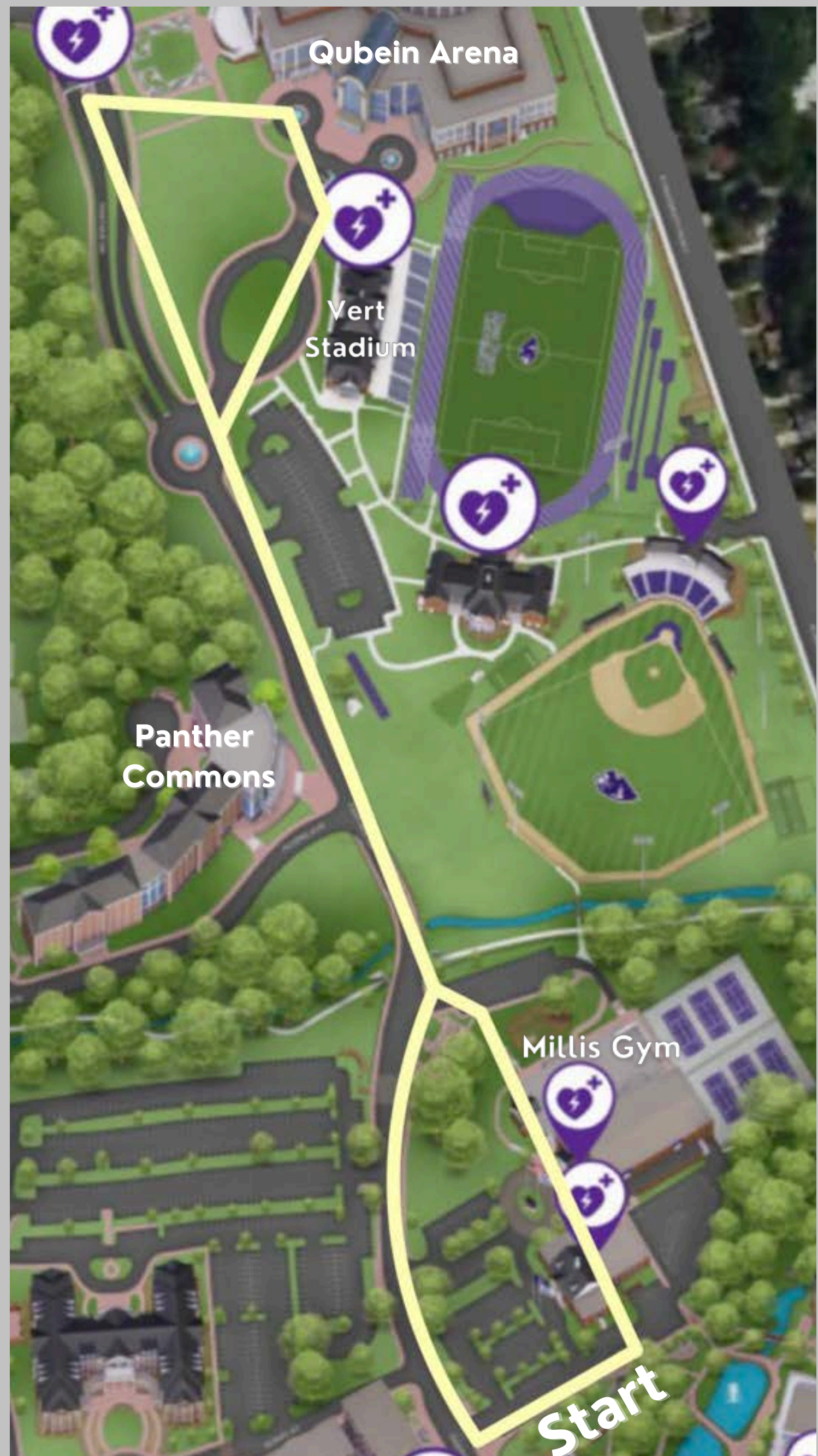
Distance: .70 miles

Steps: 1,425

# Directions:

- Start at the parking Lot across from R.G. Wanek Center
- Walk down the hill towards Panther Commons
- Continue straight, towards the Panther Drive security gate/exit
- At the end of the road, take a right, going directly towards the Qubein Arena
- As you come to the first round about, take a right and walk towards Vert Stadium
- Continue past the stadium and walk straight past the baseball field
- Once you reach the "I Love HPU" sign, take a slight left, going up the stairs towards Millis Gym
- As you reach the top of the stairs, you will be at the round about with the Panther
- Take a right and finish at the parking lot where you started, across from the R.G. Wanek Center

## The Panther Trail



**Distance: .85 miles**

**Steps: 1,750**

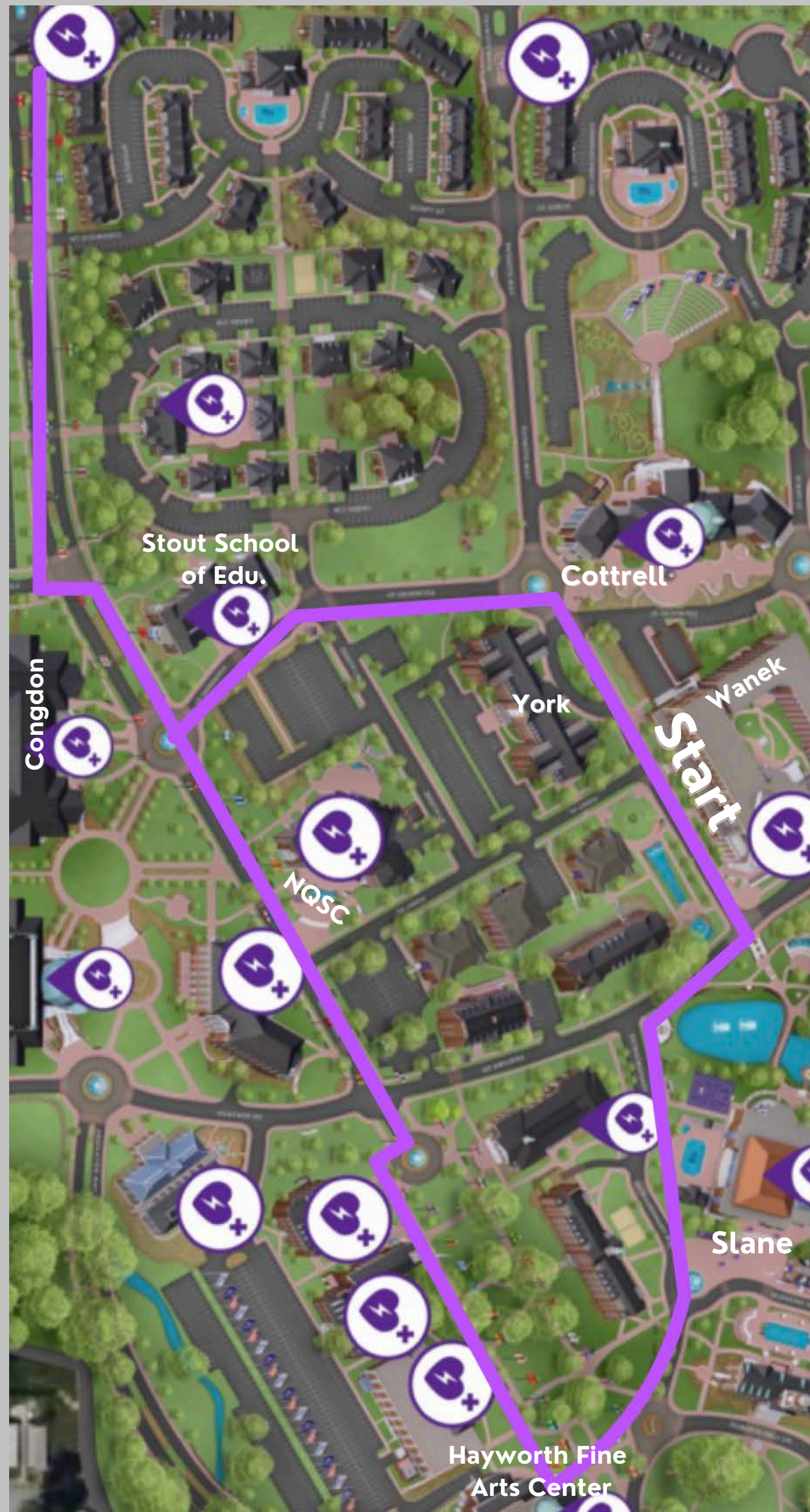
**HIGH POINT UNIVERSITY**  
THE PREMIER LIFE SKILLS UNIVERSITY

Employee Wellness

# Directions:

- Start at the R.G. Wanek Center and walk towards Cottrell
- Once you come to the roundabout, take a left, and go up the hill
- At the top of the hill, you will reach Stout School of Education
- Walk down the hill towards the round about in front of Congdon
- Take a right, walking towards the entrance at the Intramurals Field
- Once you reach the entrance, turn around and continue straight to the promenade
- Once you get to Hayworth Fine Arts, take a left
- Walk towards Slane, and at the fountain in the front, take a left, down the hill
- Pass the pool and take a right at the end of the road
- Walk up the hill towards R.G. Wanek, finishing where you started

## The Purple Pathway



**Distance: 1.08 miles**

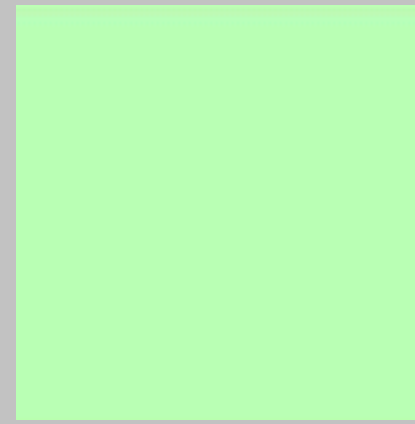
**Steps: 2,230**

**HIGH POINT UNIVERSITY**  
THE PREMIER LIFE SKILLS UNIVERSITY

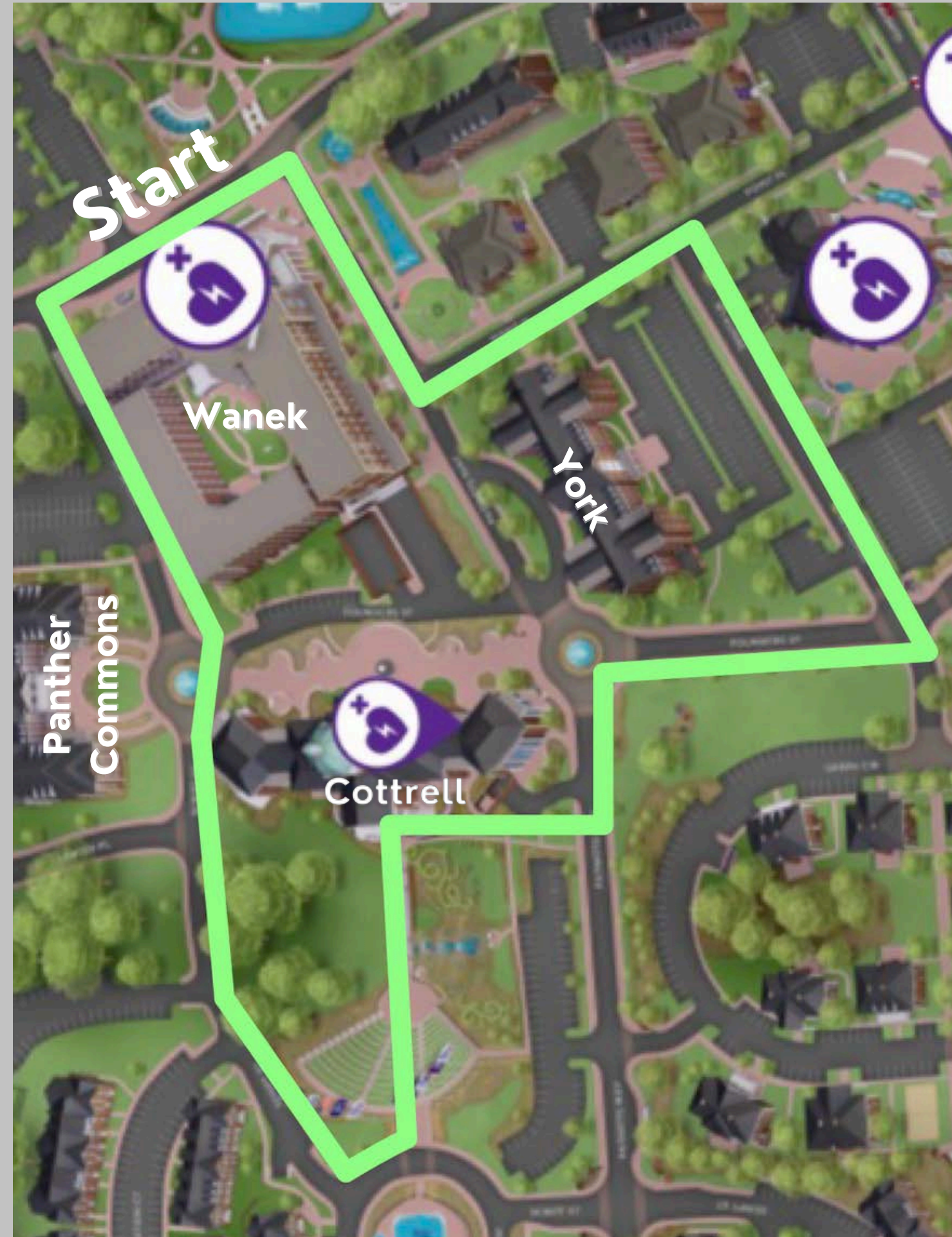
Employee Wellness

# Directions:

- Start at R.G. Wanek Center, walking towards Panther Commons
- Take a left turn, going behind R.G.Wanek Center
- Go down the hill and walk past Caffey Residence Hall
- Continue past Cottrell, walking up the hill towards Centennial
- Walk around the curve and take a left towards the Cottrell Amphitheater
- As you reach the top of the Amphitheater, walk down the stairs and across the bridge
- Once you reach Cottrell, take a right going back towards the main road
- As you meet the road, take a left, walking towards the roundabout
- Take a right at the roundabout, walking up the hill to reach Stout School of Edu.
- Take a left, walking down the hill towards NQSC, and at the 3-way, take a left
- Walk towards R.G. Wanek Center and take a left at York Residence hall, back to the start



## The Cottrell Crossing



**Distance: .73 miles**

**Steps: 1,500**