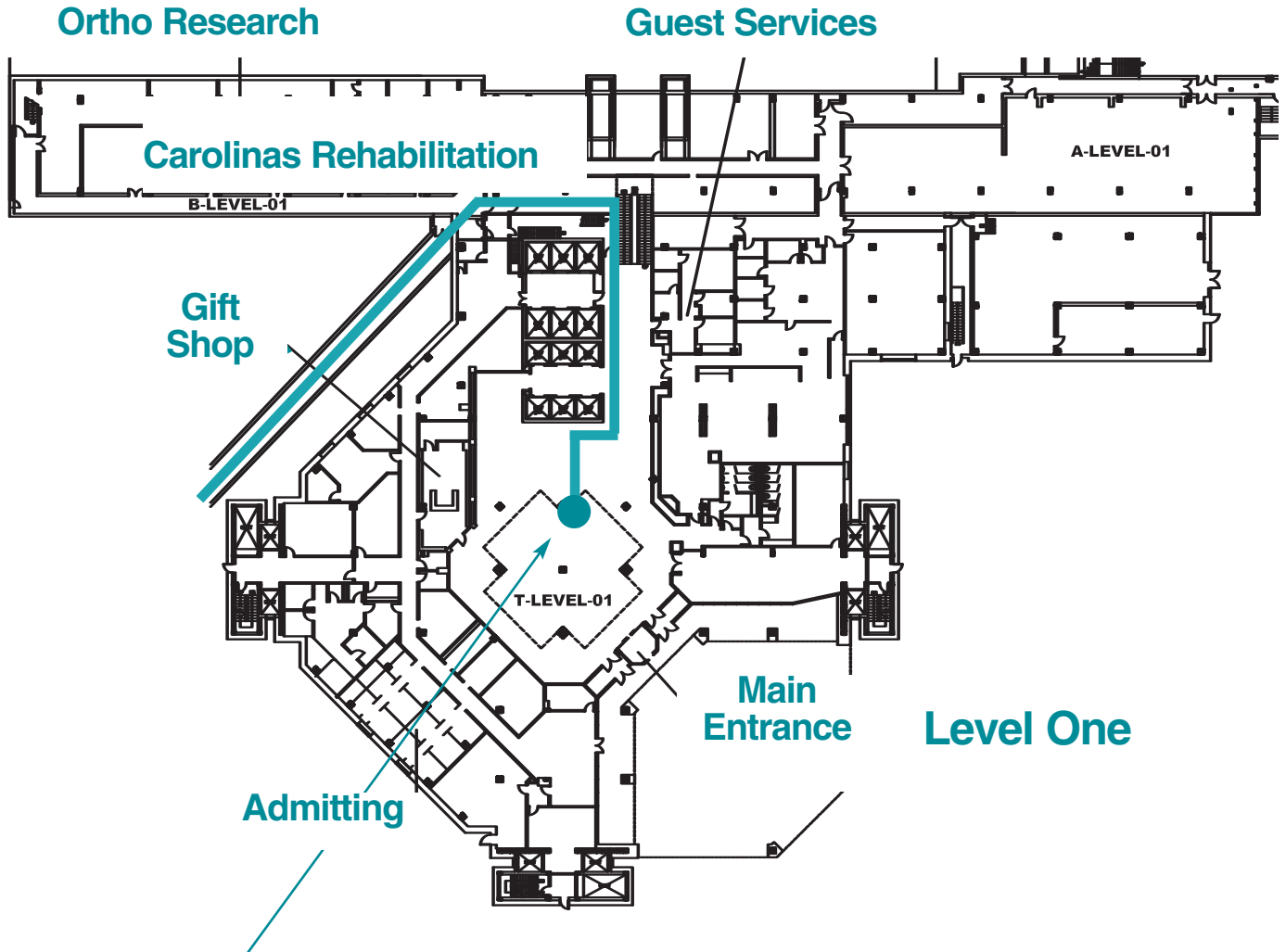


# Indoor Walking Trail at Carolinas Medical Center



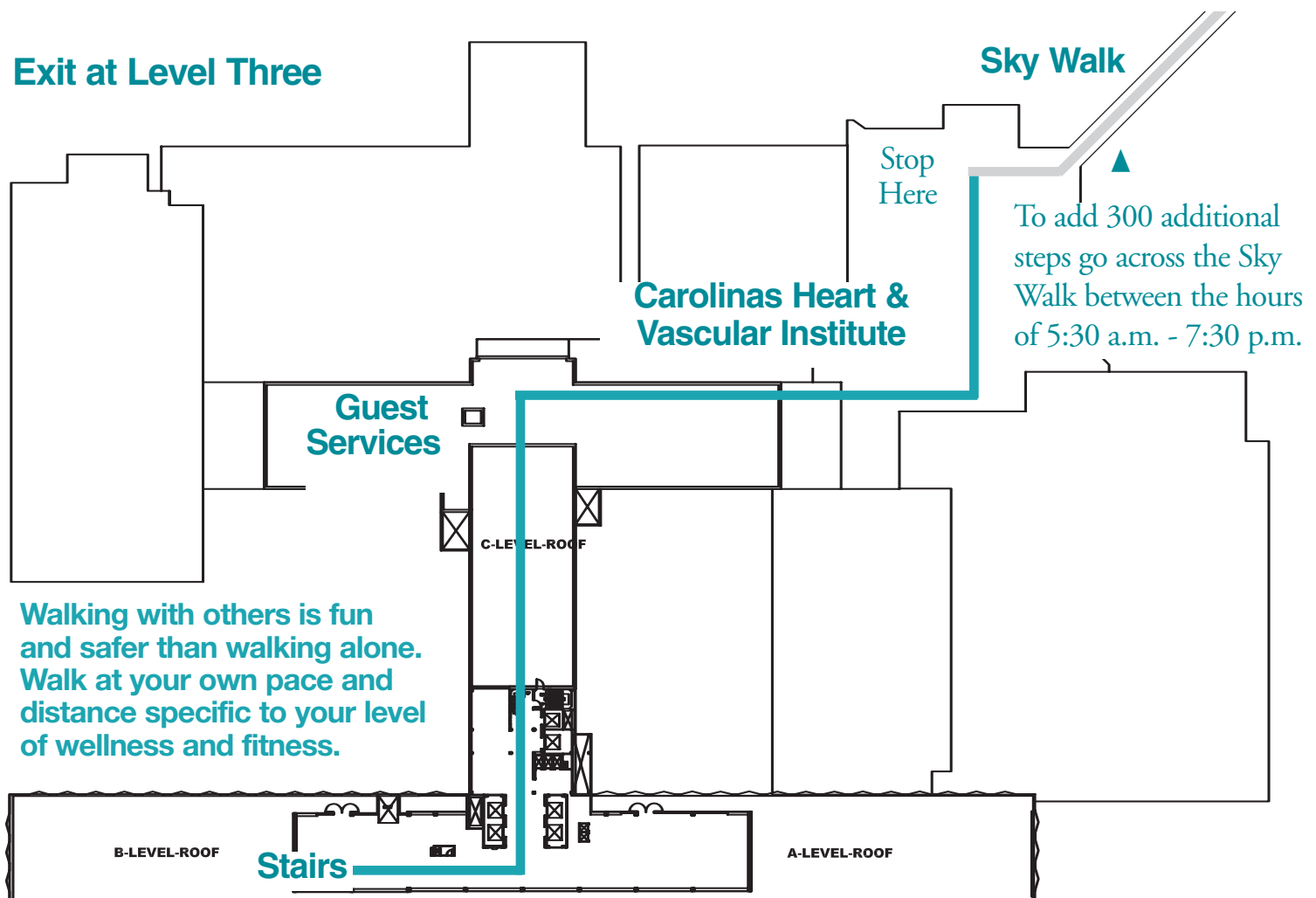
- Start Here - Main Lobby
  - Stairwell beside escalators
  - Make immediate left and go through door
  - Right to the brick wall
  - Left to Carolinas Rehabilitation
  - Travel through the tunnel
  - Make a left at the end of the tunnel through the stairway door
  - Go up two flights of stairs
- **Feel Free to catch a breath of fresh air here**
  - Return down two flights of stairs. Exit right and return through the tunnel
  - Right at the brick wall
  - Door to Level One at start of carpet
  - Go all the way to the top (11 flights), then return and exit at Level Three
- See page 2 (Level Three)

Live**WELL**  
Carolinas!

Work. Eat. Learn. Live.



Carolinas HealthCare System



- Make a left turn and proceed straight to the Guest Services desk on the left
- Make a right at Guest Services
- Make a left at Carolinas Heart & Vascular Institute (CHVI)
- Right to Medical Center Center Plaza Entrance

Stop here and follow the route back to the beginning to reach 2,000 steps

To add 300 additional steps between the hours of 5:30 a.m. - 7:30 p.m.

- Proceed through the Sky Walk to Sanger Clinic. Go down the stairwell across from Sanger Clinic and enter lobby
- Turn around, go back up stairs, across Sky Walk and return to CHVI
- Make a right at CHVI and a left at Guest Services
- Continue to stairwell door right of the cafeteria entrance
- At Level One stairs, make a right
- Go through the door, make a right at the brick wall
- Go back through Carolinas Rehabilitation tunnel, at the end make a left and go back up two flights of stairs
- Go back down and make a right to return through the tunnel
- Right at the brick wall
- Exit through the door at the start of the carpet
- Exit right to lobby

**Congratulations! 2,000 steps = 1 mile**