

WELLNESS CAMPUS INCLINE

Get your cardio workout here by going up and down slopes and stairs! Plenty of variety as you travel around the College's central open spaces and walk through sunny and shaded sections such as the wonderful Dawn Redwood Allée. This is an exercise route, so no waypoints are described.

Theme: Exercise

Amenities: Campus Views, Benches, Emergency Phones

Surface: Mostly Paved, Grass Section; 1.0 mile long.

Slope: Stairs, Inclines, Flat parts; 39 ft elevation gain

Hazards: Wet Grass, Ponding

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

Difficulty Rating: Spirited - I enjoy getting my heart going on walks. Nothing beats the thrill of taking on a rewarding climb on varied terrain with inclines, and with some rocks and roots in the pathway. Let's keep moving - occasional stops only, please.

Swarthmore Senior Citizens Assn.

<https://swarthmoreseniors.com>

6/18/2020

