

Baystate Franklin Medical Center - Walking Routes

Indoor Walking Routes

Walking the Floors

1. On the ground floor, start your walk at the Main elevators, facing north (toward the lab offices).
2. Walk straight, past the labs and up the ramp at the end of the hallway.
3. Turn around and walk back down the ramp and toward the elevators.
4. Take a right before the elevators and walk down the service hallway.
5. At the double outside doors turn around and walk back to the elevators.
6. Turn right and go down the hall past Radiology and take your next right opposite the top of the Healing Garden. This hall is outside the back of the Café.
7. At the next intersection, turn right and then follow that hallway around to your left toward and past HR.
8. At the double outside doors turn around and retrace your steps, going past the mailroom and continuing straight toward the Sleep Center.
9. Follow the hall to the left past the pharmacy and at the next intersection take a left back toward the Healing Garden. Continue up the hall, past Radiology and back to where you started by the Main elevators.

You have completed 1/8 of a mile!

# of Floor Loops	Distance	Time
4	0.50 mile	0.50 mile takes about 8 minutes to complete.
8	1 mile	

Outdoor Walking Routes

2 miles

1. Start at south edge of front parking lot.
2. Walk out to High Street and turn right onto High Street.
3. Take the next left onto Sanderson Street and walk to the end. Turn right onto Parkway Street.
4. Take the next right onto Maple Street. Turn right again onto Maple Lane.
5. Turn left onto Madison Circle. Follow circle around to the right with the flagpole on your left, then straight on Gerrett Street back toward Sanderson Street.
6. Cross Sanderson Street (you are still on Gerrett Street), turn right on Beacon Street and then turn left onto Parkway Street.
7. Take your next left onto Riddell Street. Go across High Street and continue on Riddell Street to Federal Street. Take a left on Federal Street. Take your next left on Beacon Street and take Beacon Street all the way back to the hospital.

Stay safe:

- Proceed with caution and be aware of any moving vehicles. Obey all traffic laws and walk with awareness.
- Walk with a buddy or a group.
- Wear clothes and shoes that give you freedom of movement.
- Vary your route and schedule.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.
- Bring 8 ounces of water.
- Keep an umbrella handy for rainy days.
- Be careful when people stop you for directions. Always reply from a distance.
- Warm-up slowly at the beginning and cool-down and stretch at the end of your walk.

If you have a walking route to share, please contact baystatehealthy@baystatehealth.org.

Visit [eWorkplace/Baystate Healthy/ManageMyHealth/Fitness](#) for more information on fitness resources.