

Baystate Medical Center - Walking Routes

Indoor Walking Routes	Outdoor Walking Routes
<p data-bbox="102 268 342 300">Walking the Floors</p> <p data-bbox="102 306 724 338">0.5 mile: Tip: All “connectors” have striped floors</p> <ol data-bbox="102 344 732 793" style="list-style-type: none">1. Start in Daly Main Lobby and walk towards the “Springfield Building”2. Bear left passing Atwaters on your right3. Turn left towards the “MOB - Medical Office Building” and walk to the end of the hall4. Turn around and go back towards “Springfield Building”5. Walk past the Springfield Building Connector - straight towards MRI6. Turn left towards the “Interfaith and Spiritual Space” and turn around at the Chapel7. Take a right and a left towards “Daly Lobby” <p data-bbox="180 835 716 867">Complete route once more to walk 1 mile!</p>	<p data-bbox="773 268 873 300">0.5 mile</p> <p data-bbox="773 306 1422 411">Go out the Daly Entrance; follow the sidewalk to the Wesson Women’s Entrance sidewalk and back in the Springfield Building Entrance.</p> <p data-bbox="773 453 1495 600">1 mile (Hills to start, no sidewalk in Derby Dingle). Go out the Springfield Entrance and up Springfield St. to Derby Dingle, go around the small loop (.2 miles) and back down Springfield St.</p> <p data-bbox="773 642 1487 821">1.5 miles (Sidewalks, some traffic, hills to start) Go out the Springfield Entrance and up Springfield St., go right onto Cunningham St., right to Armory St., right to Chapin Terrace., right on Marvin St., left onto Pratt St., follow sidewalk back to Springfield Entrance.</p> <p data-bbox="773 863 1495 1157">2 miles (Quiet, partial sidewalks, hills, little traffic) Start in front of BMC and go up Springfield Street. Take left onto Atwater Terrace. Take right onto Atwater Road. Take left onto Green Lane (sign is hidden by a bush). Take left onto Atwater Road. Take left onto Weaver Road back to Atwater Road and follow all the way back down to BMC.</p>

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.