

Baystate Mary Lane Hospital – Walking Routes

Indoor Walking Routes

Walking the Floors

1st Floor

1. From the North Entrance, walk straight to the Pediatric door.
2. Turn around; go back to four corners and either turn right or left.
3. Go to end, turn around and go to the other end.
4. Return back to the North Entrance.

You have completed 0.15 mile!

# of Floor Loops	Distance	Time
4	0.60 mile	0.50 mile
7	1.05 mile	takes about 8 minutes to complete.

Outdoor Walking Routes

0.5 mile

Exit hospital by Wetherby front door. Cross South Street in front of Dr. Mott's office. Take a left onto Dunham Avenue, and then right onto Dowell Road. Dowell Road becomes a dead-end; turn around and re-trace steps to South Street. Cross South and take a left to Kanzaki entrance; right on Bond Street; right on Marjorie Street and return to hospital through Main Entrance. Take North stairs back to office.

1 mile

Exit hospital by Wetherby front door. Left onto South Street. Cross at crosswalk at Cebula's Funeral Home. Down South Street to Maple Street. Right on Maple, past Chestnut to Elm Street. Right on Elm Street (which circles around to the right). Left on Chestnut Street to Union Street. Right on Union Street to South Street. Left on South Street to return to hospital.

2 miles

Take a left out of the hospital entrance onto South Street. Cross over Main Street and continue up Church Street. Go left on Cottage Street and then take a left on North Street. Go left on Main Street. Cross Main Street in front of Lazer's and go back up South Street. Cross over to take a left on Maple Street. Go right on Chestnut Street and then turn right back onto South Street returning to the hospital entrance.

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](https://www.baystatehealth.org/Workplace/Baystate-Healthy/ManageMyHealth/Fitness) for more information on fitness resources.