

Fall Creek 1-Mile Loop

Cross Cornell's famous suspension bridge and listen to the rush of water through the Fall Creek Gorge. Exercising outdoors is considered more restorative than indoors¹

Arboretum 4-Mile Loop

A longer distance walk leads to the beautiful Cornell plantations. Enjoying one hour of walking each week is proven effective against Type II diabetes²

Cascadilla ¾-Mile Loop

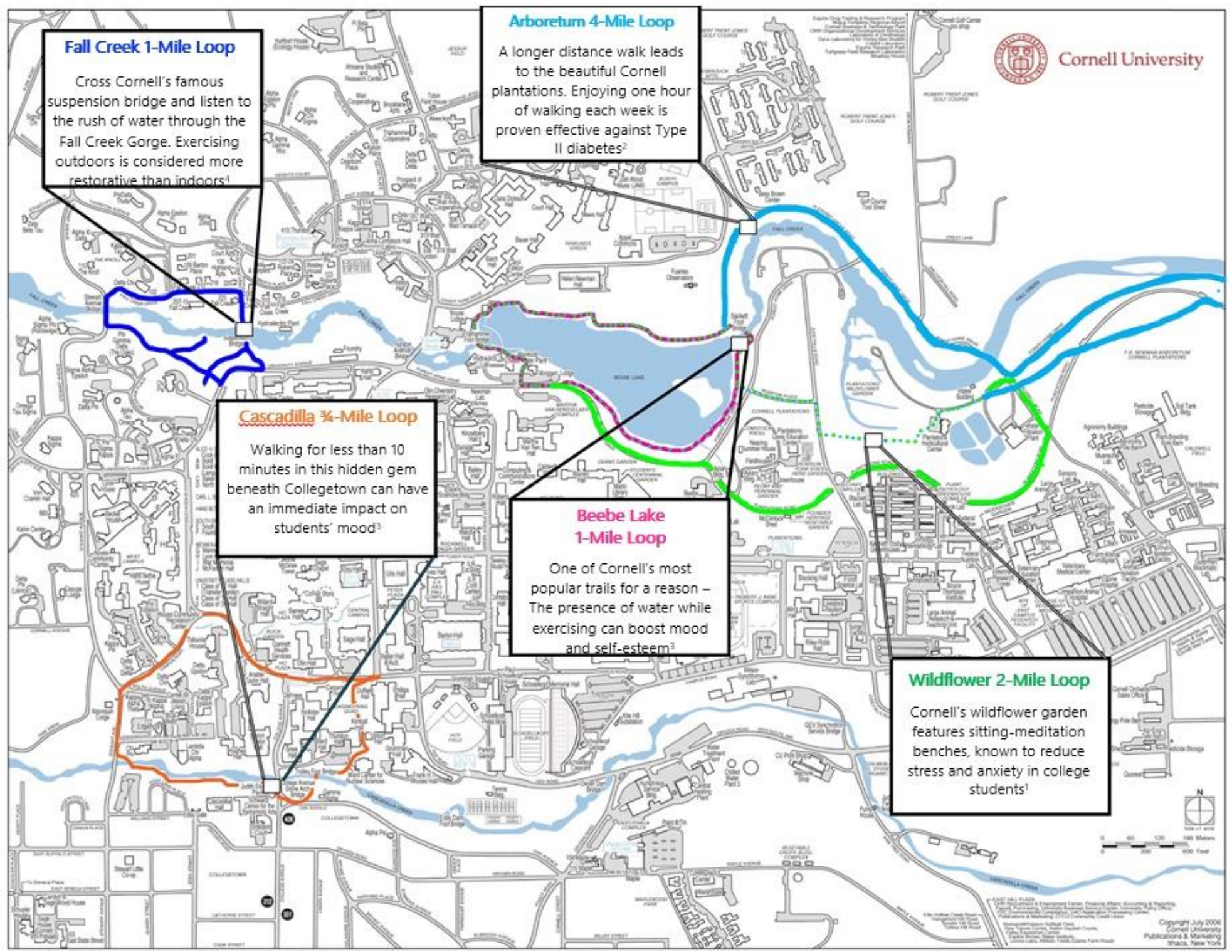
Walking for less than 10 minutes in this hidden gem beneath Collegetown can have an immediate impact on students' mood³

Beebe Lake 1-Mile Loop

One of Cornell's most popular trails for a reason – The presence of water while exercising can boost mood and self-esteem³

Wildflower 2-Mile Loop

Cornell's wildflower garden features sitting-meditation benches, known to reduce stress and anxiety in college students¹



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References

1. Horowitz, S. (2010). Health benefits of meditation: What the newest research shows. *Alternative and Complementary Therapies, 16*(4), 223-228.
2. Warburton, D. E., Nicol, C. W., & Bredin, S. S. (2006). Health benefits of physical activity: the evidence. *Canadian medical association journal, 174*(6), 801-809.
3. Barton, J., & Pretty, J. (2010). What is the best dose of nature and green exercise for improving mental health? A multi-study analysis. *Environmental science & technology, 44*(10), 3947-3955.
4. Hug, S.-M., Hartig, T., Hansmann, R., Seeland, K., & Hornung, R. (2009). Restorative qualities of indoor and outdoor exercise settings as predictors of exercise frequency. *Health & Place, 15*(4), 971-980.

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