

Saint Mary's Walking Routes



Walking Routes

(based on average walking paces)

Short Break Routes 15-20 Minutes

- Bellevue Avenue Route #1 = 12 Minutes
- Atlantic Avenue Route #2 = 14 Minutes
- Beaufort Inglis Way #3 = 16 Minutes
- Husky Track #4 = 19 minutes
- Campus Walk #5 = 19 minutes

Medium Break Routes 21-30 Minutes

- Pleasant Drive Walk #6 = 23 minutes
- Belmont on the Arm #7 = 26 minutes
- South Gorsebrook #8 = 28 minutes

Long Distance Walks 30+ Minutes

- Hospital Towers #9 = 28 minutes
- South Street Exchange #10 = 34 minutes
- General Hospital #11 = 37 minutes
- Public Gardens Walk #12 = 43 minutes
- Armbrae Academy #13 = 43 minutes
- Inside Loop Point Pleasant Park #14 = 50 minutes
- Point Pleasant Park #15 = 65 minutes

Rainy Day Indoor Pedway Routes 6-10 Minutes

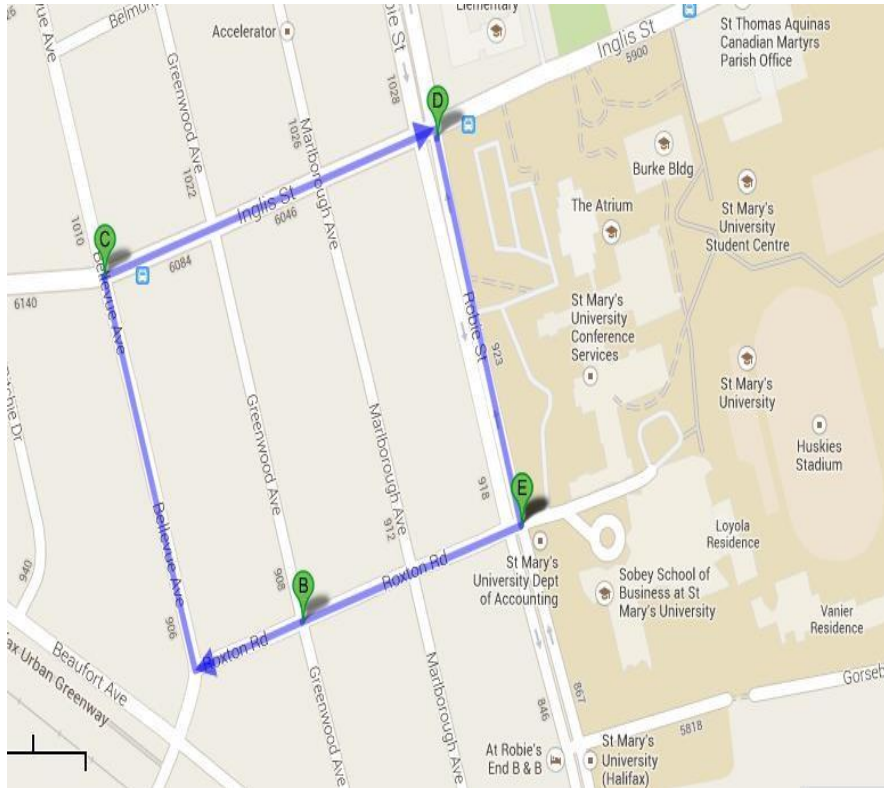
- Campus Indoor Track #16 = 10 minutes
- McNally Building Indoor Route #17 = 9.02 minutes
- Loyola Indoor Route #18 = 6 minutes
- Science Building Route #19 = 9 minutes
- Student Union Building (SUB) Route #20 = 8.13 minutes

Bellevue Avenue Route #1

Distance = 1.0km

Step Count = 1,320

Time = 12 minutes

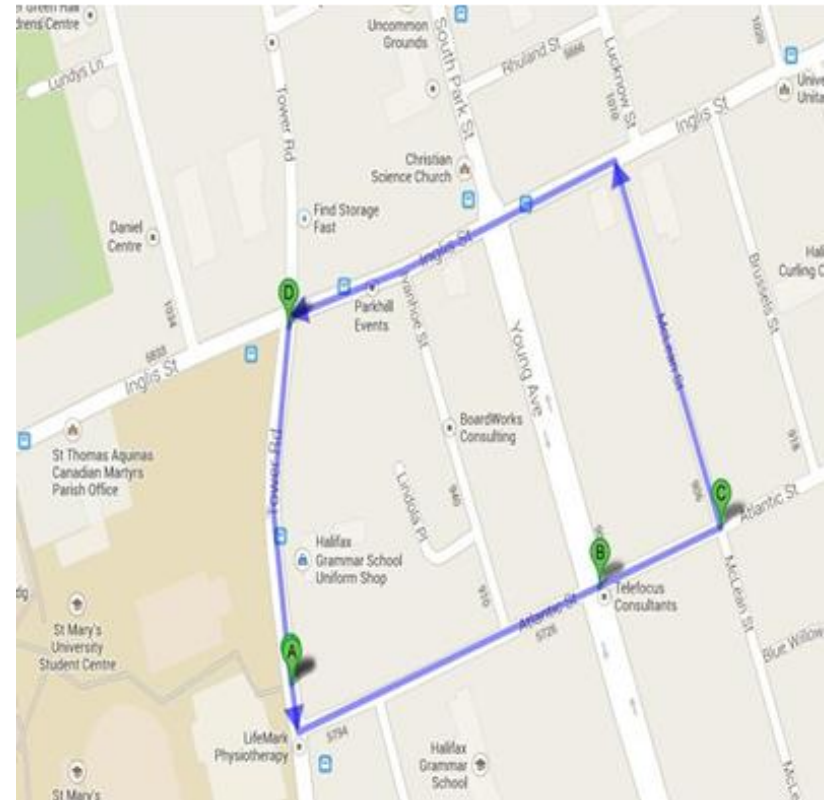


Atlantic Route #2

Distance = 1.1km

Step Count = 1,452

Time = 14 minutes

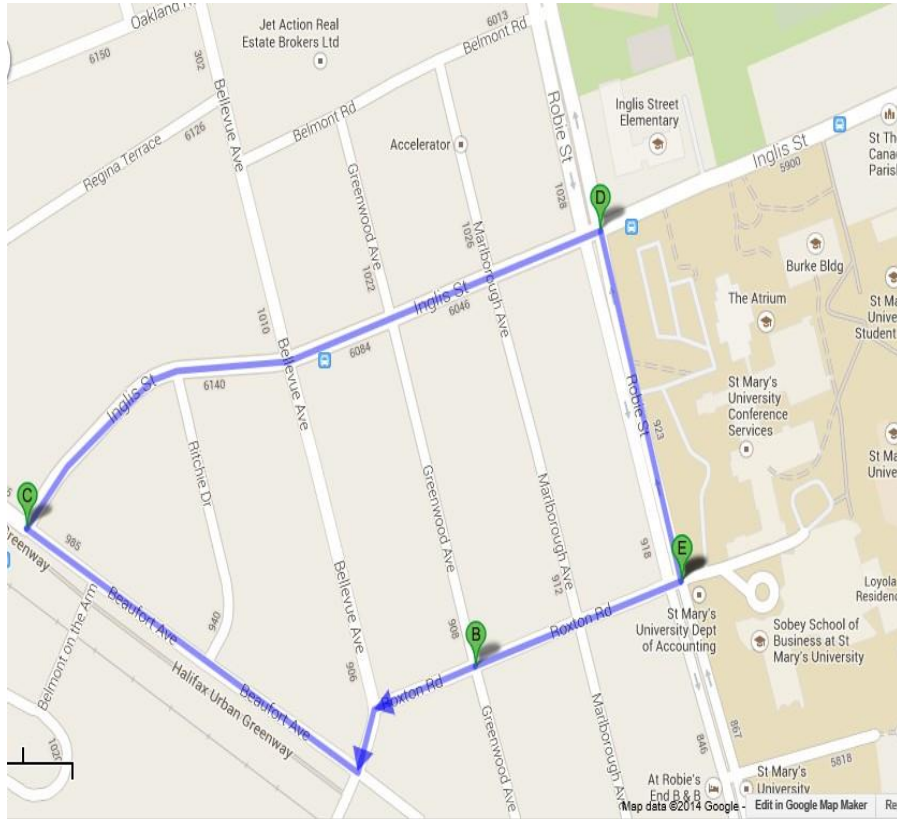


Beaufort Inglis Way #3

Distance = 1.3km

Step Count = 1,716

Time = 16 minutes

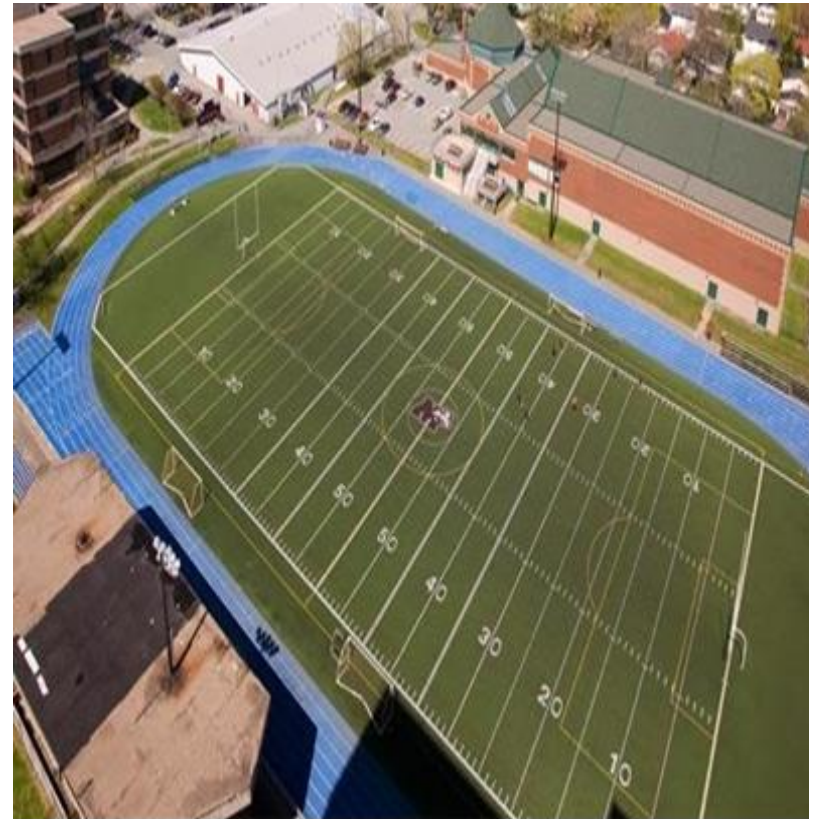


Husky Track #4

4 laps = 1.6km

Step Count = 2,112

Time = 19 minutes

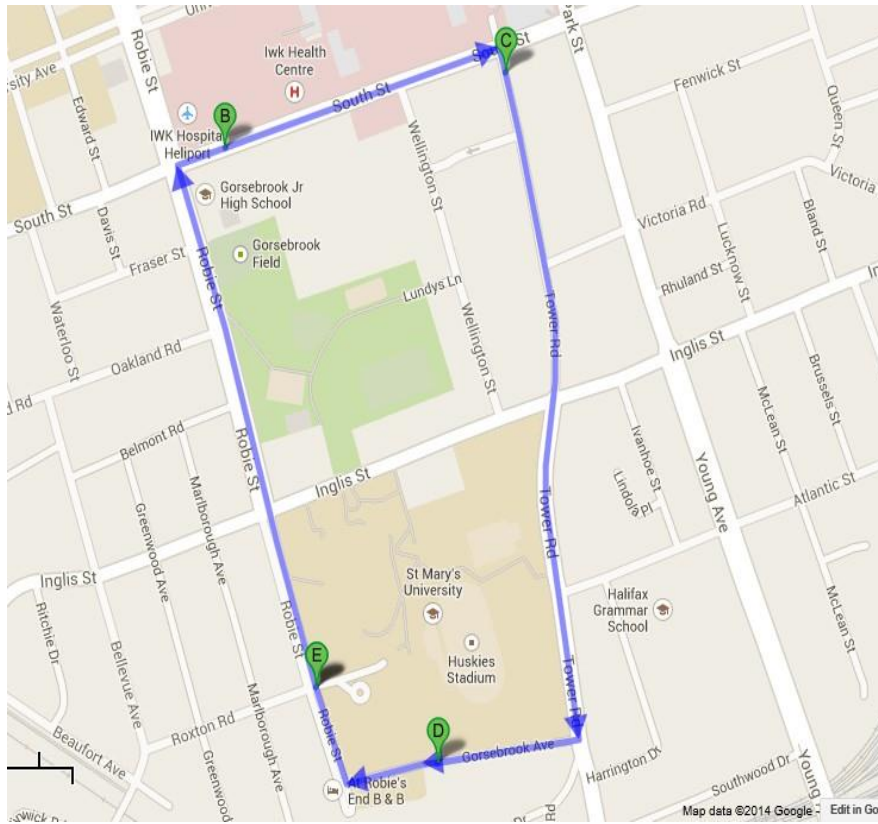


Hospital Towers #9

Distance = 2.5km

Step Count = 3,300

Time = 31 minutes

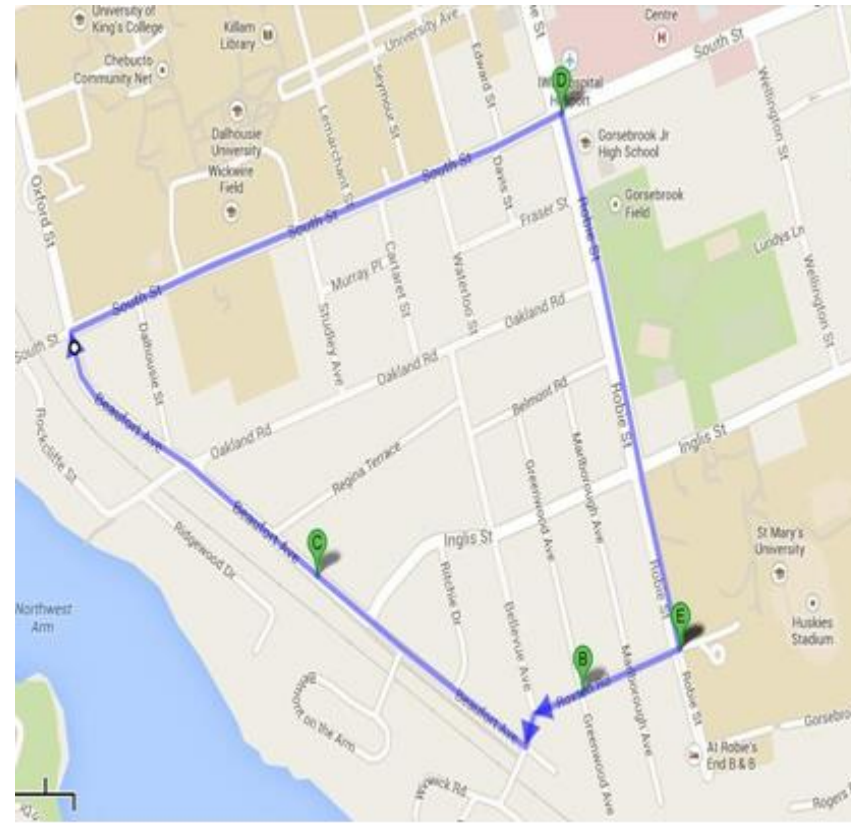


South Street Exchange #10

Distance = 2.8km

Step Count = 3,696

Time = 34 minutes

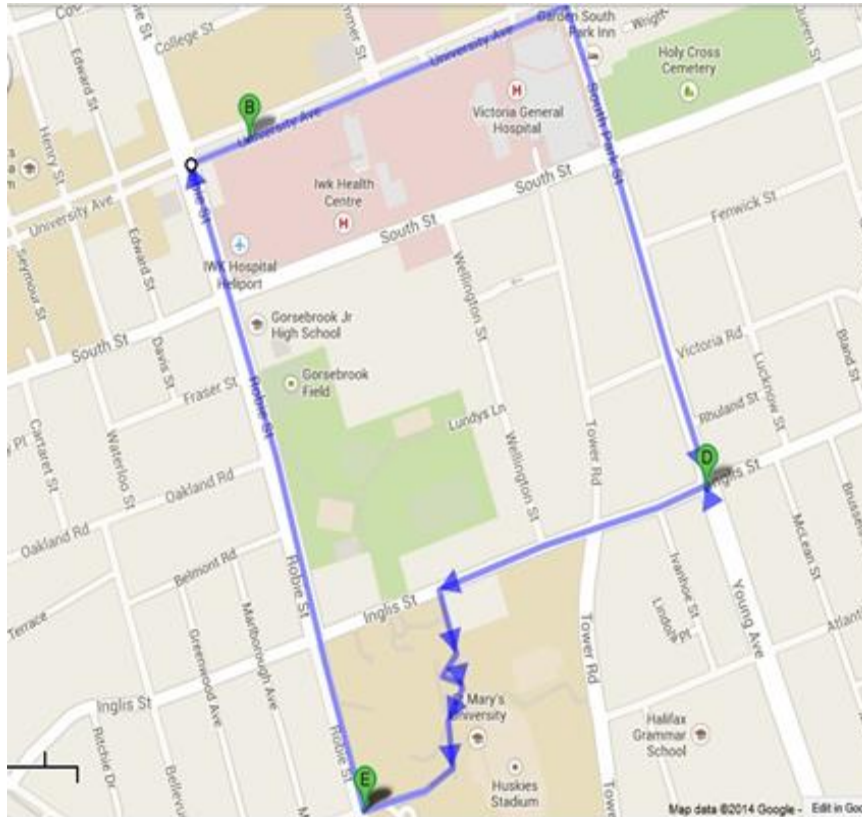


General Hospital #11

Distance = 2.9km

Step Count = 3,828

Time = 37 minutes

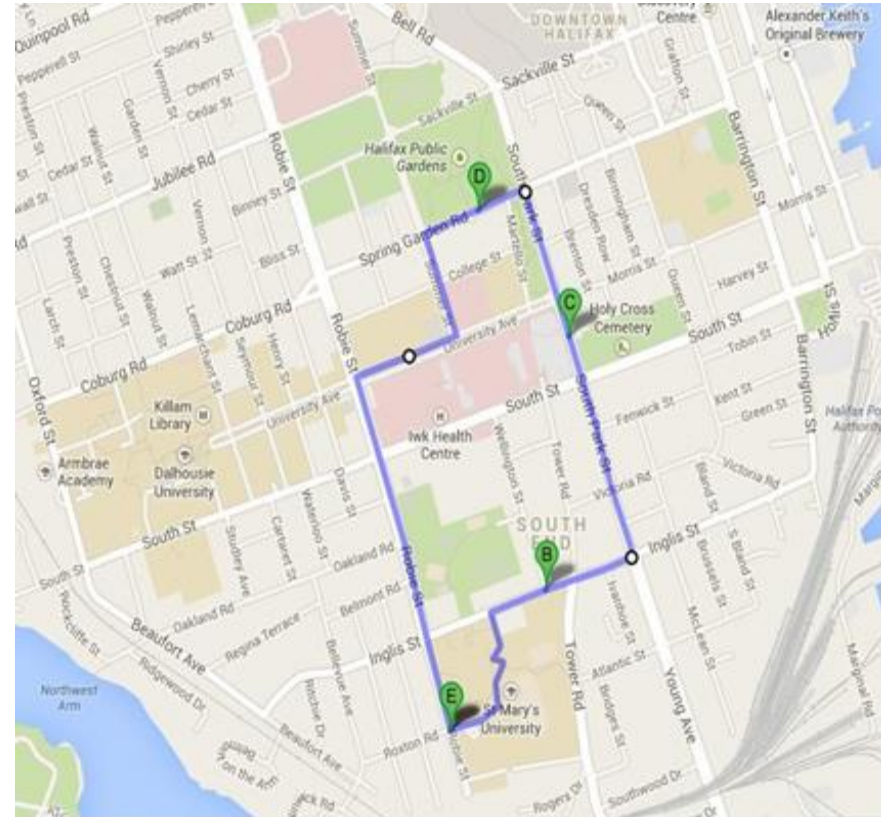


Public Gardens Walk #12

Distance = 3.5km

Count = 4,620

Time = 43 minutes

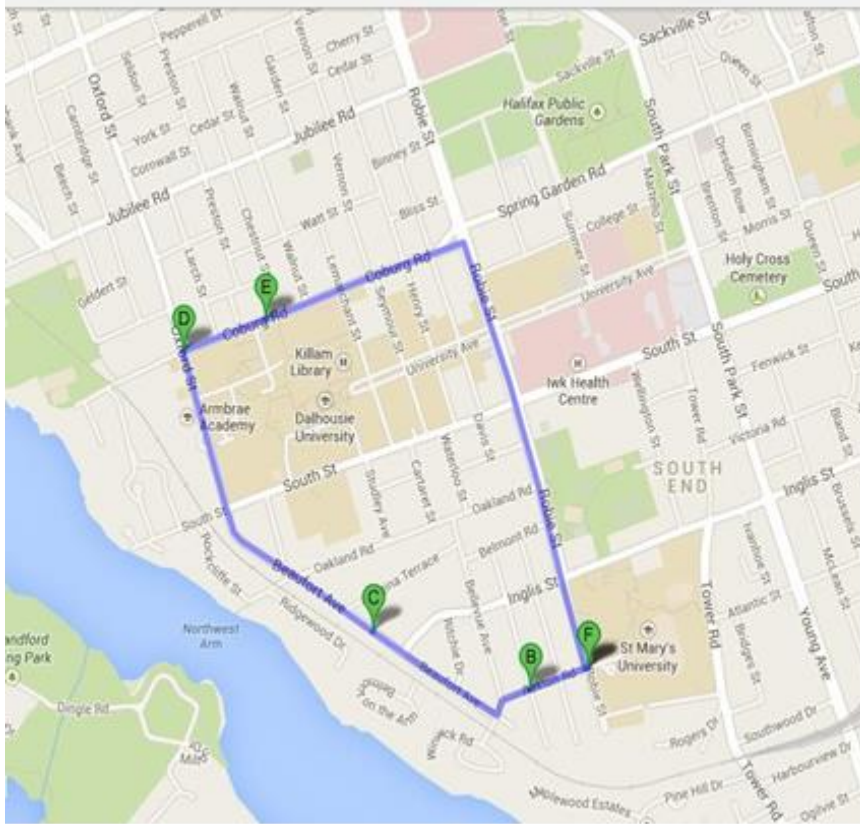


Armbrae Academy #13

Distance = 3.6km

Step Count = 4,752

Time = 44 minutes

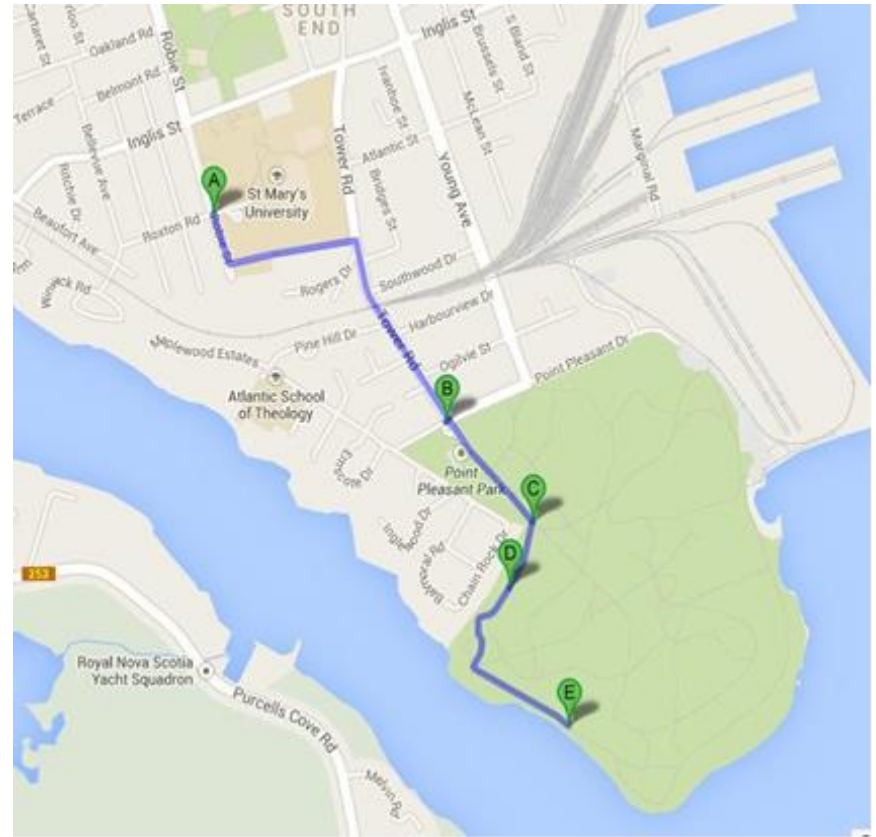


Inside Loop Point Pleasant Park #14

Distance = 4.0km

Step count = 5,280

Time = 50 minutes

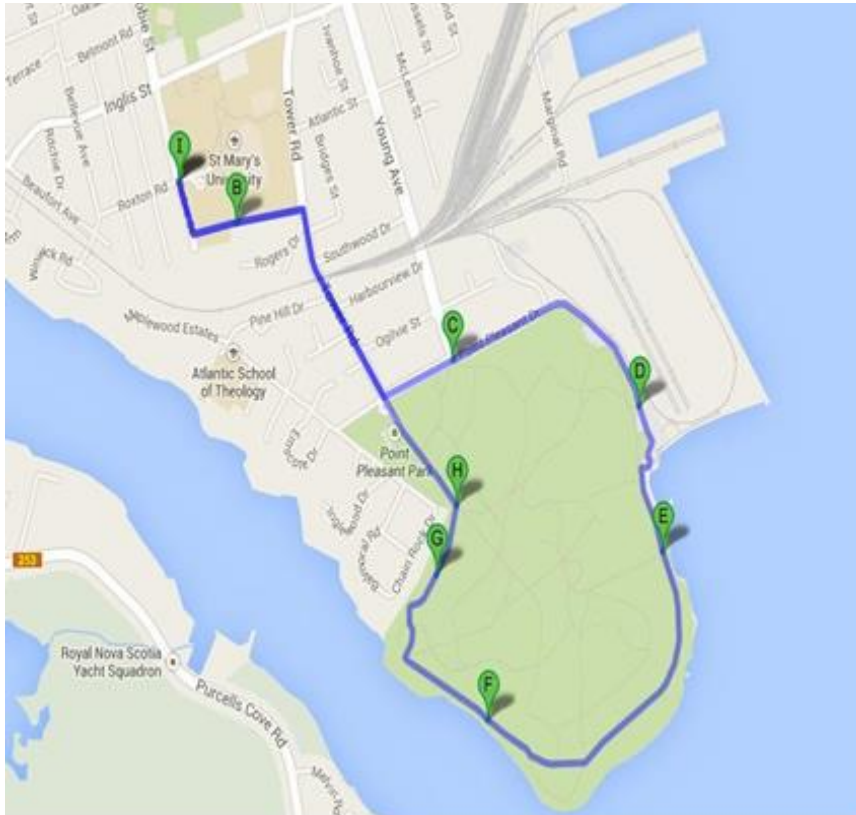


Point Pleasant Park #15

Distance = 5.2km

Step Count = 6,864

Time = 65 minutes



Campus Indoor Route #16

Distance = 0.80km

Step Count = 947

Time = 16 minutes

- Begin at the entrance of the Burke Building
- Walk through the Library, the McNally Building, and Loyola to the Sobey building.
- Take the stairs down to the Loyola residence desk.
- Go down the stairs by the residence desk in to the Hen-Ally basement.
- Follow the hallway and end till reaching the Rice Residence entrance.
- Trance back your steps to where you began.

If you choose to skip the basement and instead end at the residence desk:

Distance = 0.69km

Step Count = 630

Time = 7 minutes

The Helson Route

Indoor Route #17

Distance= 1.60 km

Step count= 2,112 steps

Walk Time= 23 minutes

- Starting at the second floor, Loyola Academic, South end (at the area directly above the south entry into Loyola).
- Proceed down the hallway towards the window at the opposite end and turn left toward the pedway between Loyola and McNally.
- On reaching McNally Main floor, take the first staircase on your left all the way to MM 3rd floor (5 flights of stairs).
- Walk down the 3rd floor hallway to MN, go down the stairs to enter MM 1st floor. Walk down the hall to MS, make a U-turn towards MN 2nd floor again.
- Down half flight of stairs in MN and across the McNally-Science pedway to reach Science building 3rd floor.
- Climb 2 flights of stairs to reach Science 5th floor. Move down one to the 4th, back across and down to the 2nd, and back across down to the 1st floor.
- Out the door to the Atrium entrance and cross the Atrium to MM lower level basement.
- Take 2 flights of stairs at far end of MM (near Facilities Management) to reach the main floor and head down to Loyola South, where you started.

McNally Building

Indoor Route #16

Distance= 0.48 km

Step count= 594

Walk Time= 9:02 minutes.

- Begin at the Fifth Floor of McNally North and go up the ramp into McNally Main Third Floor to the South Staircase and go down one flight of stairs.
- Now go back across the hall to McNally Main Second Floor, all the way to McNally North and go down one flight of stairs.
- When you enter the McNally main first floor proceed south all the way over across the hall and take the South Stairwell to the McNally South Basement.
- Go all the way south to the end of the hall and down the stairs.
- You should be at the bottom of the McNally north stairwell when you finish.
- You can also walk to the Science building from McNally North Third floor.
- Go all the way down to the ground floor of the Atrium Building and climb up 2 flights of the McNally North Basement staircase to reach McNally Main First floor.

This route covers 0.45 km

(Same step count and walk time)

Science Building, Route#19

Distance = 0.40 km

Step Count = 529 steps

Walk Time = 9 minutes

- Begin at the first floor level of the science building, south end, Atrium entrance to the science building.
- Proceed north down the first floor hall all the way to the north stairwell; Take the stairs up to the second floor.
- Once on the second floor proceed south down the hall to the south stairwell; Take the south stairwell up to the third floor.
- Now go north till the end of the third floor, take the north stairwell to the fourth floor.
- Go south on the fourth floor to the south stairwell and take the stairs up to the fifth floor.
- Once at the south end of the Fifth Floor, go north to the north stairwell and this time go down one set of stairs to the fourth floor.
- Follow this zick-zack routine until you've reach the point where you started.
- This works out to a quarter of a mile and has 8 flights of stairs.

Student Union Building, Route #20

Distance = 0.40 km

Step Count = 529 steps

Walk Time = 8:13 minutes

- Begin at the fifth floor of the SUB building (from Student Health Services) and go across the hall and down the Staircase #2, Level 5.
- After two flights of stairs, exit into the Level 4 Hallway and walk across to Staircase #1 on the opposite side. Climb down two flights of stairs to Level 3.
- Cross the Level 3 hallway and take Staircase#2 to climb down 6 flights of stairs, all the way down to the SUB main Floor.
- Walk around the cafeteria and turn back to walk up the stairs in the same manner till you reach your start destination.
- This work out contains 20 flights of stairs

If you chose to not climb up the stairs your total walk time is:

Distance = 0.20 km

Walk Time = 4:13 minutes

Step count = 264 steps and 10 flights of stairs