**Ant Trails**

**UC Main Campus & UCIMC Short Walks**

**Engineering Cornerstone**
A walk from the plaza between the engineering tower and the computer science building to the Cornerstone Cafe would be approximately 0.27 miles. A 150 pound person would burn approximately 20 calories on the walk.

**Main Library Rowland Hall**
A walk from the front of the Main Library to the plaza between Reines Hall and Rowland Hall is approximately 0.2 miles (1/5). A 150 pound person would burn approximately 15 calories on the walk (possible a little more because of the increase in elevation).
VERANO PLACE
This loop is just under one mile. A 150 pound person, walking at a moderate pace, would burn approximately 70 calories. If you start the walk from the front door of the ARC, you'll go over a mile, which would be a nice warm-up lap for a work-out at the ARC.

INNER RING ROAD
This beautiful walk through Aldrich Park is just over one half (.58) mile long. It is a good route if you want to get a quick walk done, or if you just want to enjoy the flora.

SCIENCE STARBUCKS
If you're in the middle of some research at Rowland Hall, and need a cup of Java, start at ring road, then walk west on Bison, to the intersection of California, and you'll have racked up 0.6 miles.
**OUTER RING ROAD**

This circle of the campus is one mile long, which is ideal for measuring your pace. If it takes you thirty minutes to walk the Ring, then your speed is two miles/hr. Keep walking the ring regularly, and watch how it becomes easier to go faster. Soon you may be able to walk around the Ring twice in the same amount of time and burn twice the amount of calories.

**ARC-FLAG POLE**

If you're at the administration building and want to walk to the ARC for a quick game of handball, or you're at the ARC, and have a meeting at the administration building, you can enjoy this one mile walk through Palo Verde and along Pereira Drive.

**MED SCHOOL LOOP**

This walk clocks in at 1.4 miles. Start at Bison and head north (then east) on California. At 0.6 miles, you'll turn right on Academy. There is no sidewalk, so you'll have to walk in the bike lane, until you come to Peltason. Stay on the right, and when you come to Bison, you'll have walked just over a mile. Go west on Bison to finish the loop at California.
LONG WALKS

UNIVERSITY HILL

Route courtesy of A&PW. This 3 mile walk will take you from the lowest part of ring road, to the highest point on campus. If you start near the administration building, head east on the Ring Road towards the Social Sciences. Turn left at the Engineering Plaza, and head through the building to Peltason. Turn left at Peltason, and walk for a tenth of a mile, to Gabrieleno. The four tenths of a mile up to Gabrieleno, to California, is the most strenuous part of this walk. As you follow California to the right, along the ridge, enjoy the view of the Newport coast hills. Continue past University House, down Los Trancos, to Peltason. Walk Southwest along Peltason, and walk towards Ring Road. Follow Ring Road West until you reach the administration building. Two Variations of this walk, if you’re pressed for time, is if you walk around just the University Hills portion of the walk, and skip the Ring Road part, the complete loop will be 1.9 miles. If you walk from the corner of Los Trancos and Peltason around Ring Road, back to that corner, you’ll have traveled 2.9 miles.

BRIDGES OF UCI

Route courtesy of A&PW. The bridges of UCI. This walk is a 3 mile Variation of the Ring Road walk, in which you will cross seven bridges. If you start at the administration flagpole, head west on Ring Road, and cross the first bridge with the Jao Family Sculpture Garden on your left, in Aldrich Park. Follow the Humanities building around to the right, and you will cross over Peltason to the school of the arts. Turn right at the Maya Lin fountain sculpture, then left, walking through the arts plaza. Veer left at the end of the plaza, on the bridge over Mesa, leading to the Mesa Court Parking structure.
MARKET PLACE RIVER WALK

RouteCourtesy of A&PW. This 3.7 mile walk starts at the administration flagpole, and travels north through the Marketplace. You can stop and get a cup of tea as you head to Harvard Ave which is just under four tenths of a mile. Turn left, at University Avenue, and you'll have just under seven tenths of a mule under your belt. You'll walk for about a mile along the river then you'll turn left on California. The toughest part of the walk is the seven tenths of a mile from the river to Bison Ave. You'll turn left on Bison, until you encounter Ring Road, which will take you on an easy downhill grade, back to the flagpole.

UCIMC LEWIS LOOP

Set out towards The Block shopping center, and cross the parking lot north of the stores. Exit the shopping center and turn north on Lewis, towards the Crystal Cathedral. Turn right when you get to Chapman, and be sure to wave to your friends as you pass the 200 Building. When you get back to the Medical Center campus, you'll have walked about one and a half miles.
MEDICAL CENTER TOUR

This walk will take you by most of the buildings of the Orange Campus, in just over a half a mile. Start at the front door of the hospital, and walk west towards City Drive. Before you get to the Neuropsychiatric Center, turn left, and walk down Pavilion Way to the parking structure. Turn left, and walk around the Occupational Health building, heading north, towards the Chao Family Comprehensive Cancer Center. Turn right, and walk under the covered walkway, until you come to the Medical Library. Turn right again, and walk around the Nikken Imaging Center, past the Dean’s office, and to the lawn area. Walk around to the main entrance, and you’ll have walked 0.6 miles.

MEDICAL CENTER TOUR

Walking Group 200/City Tower - 10 Minutes Walk Start Location: Building 200 Lobby Date: Every Tuesday from October 4-January 31 Walk Time Start to Finish: 9:00 a.m. - 9:10 a.m. Contact: Jackie Jorland, jorland@uci.edu, x456-3022 Path: Start at Bldg 200. Head south toward City Tower, around City Tower parking structure, along City Blvd W toward Manchester street, north back to Bldg 200. Incentive: Receive a raffle ticket each week into a monthly drawing for a wellness gift.

Walking Group Med Center - 10 Minutes Walk Start Location: In front of Building 55 Date: Every Friday from October 7 - January 27 (no walks on 11/11, 11/25) Walk Time Start to Finish: 9:00 a.m. - 9:10 a.m. Contact: Pooja Raja, pdraja@uci.edu, x456-6980 Path: UC Walks Path; Start at Bldg 55. Head south-east and go around Bldg 56. Toward Bldg 27 and head past Parking & Security. Keep heading west, past parking structure, and turn north along Pavilion Way. Cross Medical Center Drive, head east past UHT, and back toward Bldg 55. Incentive: Receive a raffle ticket each week into a monthly drawing for a wellness gift.
**INSIDE**

For a quick lap around the inside of the shopping center, start at the Bose Factory Store. Head west and turn left at Johnny Rocket's. Walk all the way down to Koji's and turn left, then left again at Starbucks. When you get back to Bose, you'll have walked 0.6 miles.

**OUTSIDE**

The walk outside The Block shopping center follows the service road, on which there is rarely a sidewalk. It covers 1.25 miles, but it is dangerous as cars will be close. Start on the corner of "The City Drive" and "The City", near the patio of El Torito. Walk west on the service road, circling the parking lot. As you veer left and head toward Burke Williams, walk through the parking lot to the sidewalk outside TGI Fridays. Continue north on "The City Drive", avoiding the jail and Krispy Kreme to the starting point.