

UI Wellness



Route and Information Guide

INDOOR ROUTES:

- **University of Iowa Fieldhouse**
Hours 8:00 a.m. to 10:30 p.m. daily
11 laps = 1 mile
- **University of Iowa Recreation Building**
Hours 6:30 a.m. to 10:00 p.m. daily
1:30 – 5:00 p.m. track is used by University teams
7 laps = 1 mile
- **In Hospital ****
Begin on 2nd floor Elevator A on Boyd Tower, walk to Elevator L Pomerantz Pavilion
(3 times = 60 meters short of 1 mile).
Walk from Elevator C to D or walk on the Ramp II skywalk to make up the 60 meters.
- **Old Capitol Mall**
Hours M-F 7:30 a.m. to 9:00 p.m. Sat. 9:30 a.m. to 9:00 p.m.
Sun. 12:00 to 9:00 p.m.
1 lap plus one set of stairs = ¼ mile
Alternate one lap down and one lap up for a total of 4 laps = 1 mile
- **Sycamore Mall**
Hours 6:00 a.m. to 11:00 p.m. daily
5 laps = 1 mile
- **Coral Ridge Mall**
Hours M-Sat. 7:00 a.m. to 9:00 p.m.
Sun. 7:00 a.m. to 6:00 p.m.
1 lap = 1 mile

OUTDOOR ROUTES:

- **To Downtown****
From front of Fieldhouse to Madison, up Burlington to Clinton.
Approximately 3/4 mile
- **Bike Trail**
-From stoplight at Hawkins & Stadium Drive to bike trail to end of trail on First Avenue (across from the Advertiser).
Approximately 1 mile
-From First Avenue to Hwy. 6.
Approximately 2/3 mile
-From Hwy. 6 to start of trail.
Approximately 1/2 mile
- **Pentacrest Square**
1 lap = Just over 1/2 mile
- **Art Trail**
From Halsey Hall, across IMU Bridge, right along Iowa River Corridor Trail, right across Music Bldg. Bridge and back to Halsey.
Approximately 1 mile
- **Hancher Trail**
From Halsey Hall, across IMU Bridge, right along Iowa River Corridor Trail, right on Park Bridge, right on Dubuque Street, right on Church Street, left on Clinton Street, right through Currier Hall parking lot down to river trail back to Halsey.
Approximately 2.5 miles
- **IMU Trail**
From Halsey Hall, south on Madison Street, right on Iowa Avenue, right on Iowa River corridor Trail, right across IMU Bridge and back to Halsey.
Approximately 3/4 mile