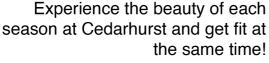








THE Art, Nortune & Fitness TRAILS



View the Map

Try out the three walking routes indicated on the Cedarhurst campus map - complete with the step counts!

Did you know that walking for as little as twenty minutes per day:

- ~ Improves Mood
 - ~ Increases Energy
 - ~ Lowers Risk of Heart Disease

Walk 1: South Lawn Stroll -

Contemplate over 10 works of art - including favorites like *Vessel*, *Three Travelers*, and *Bolt* - as you walk the perimeter of the South Lawn quadrant of the Goldman-Kuenz Sculpture Park.

Step count - 1250!

Walk 2: Sounds & Sculpture

Keep an eye out for the popular *Ring Toss* sculpture (it weighs 9 tons!), as you walk the winding blacktop towards the North Woods. If you're feeling adventurous toward the end, crawl inside *Lightspill* to get the full effect.

Round trip will give you 1400 steps!

Walk 3: North Woods Trail Challenge

Walk this loop multiple times to increase your step count, and be sure to keep an eye out for the white-tailed deer, squirrels, and various bird species that call the North Woods home. You may even spot a *Bull* -sculptural of course!

Each lap around is 915 steps!

Yes! Dogs are welcome



(except during larger crowd events such as the Cedarhurst Art & Craft Fair). Please keep your dog on a leash and kindly clean up after your pet - there are trash receptacles by the gates.

Meditate and Relax!

Find a bench near the pond in the Central Park region of the campus and focus on the water while meditating.

Try this CPR (*Calm, Peaceful, Relaxed*) meditation exercise.

As you inhale, say to yourself, *I am* As you exhale, say to yourself, *calm*.

As you inhale, say to yourself, *I am* As you exhale, say to yourself, *peaceful*.

As you inhale, say to yourself, *I am* As you exhale, say to yourself, *relaxed*.

Get the stories behind the art ~

Scan the QR code and listen to the Sculpture Park audio tour to learn more about the art and artists.





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