West Campus Walking Maps

You can be more physically active! Walking is an easy way to be active.

A regular physical activity routine such as brisk walking helps to—

- Control body weight.
- Improve mood and symptoms of depression and anxiety.
- Reduce high cholesterol and blood pressure.
- Keep bones and muscles strong.
- Reduce risk of diseases like heart disease, stroke, type 2 diabetes, and some cancers.
- Increase your life expectancy.

Be Sure to:

- Dress for the weather
- Wear comfortable shoes
- Stretch first
- Check with your doctor to be sure you can walk the distance you chose
- Watch for ice
- Cross streets at crosswalks
- Keep hydrated
- Walk with a buddy
- Wear reflective clothing and carry a flashlight when walking at night
- Avoid distractions, such as electronic devices that take your mind off your surroundings

One mile = approximately 2,000 steps

Adults walk an average of 3 miles per hour, meaning it takes about 20 minutes to walk one mile.
1 mile in the northwest corner of West Campus
1 mile in northeast corner of West Campus. Due to construction, enter the Lindner Center, walk through the Athletic Hall of Fame, down the steps then out the glass doors after you pass the 5/3 Arena. Sometimes it seems there are only two seasons in Cincinnati – winter and construction.
1 mile in the middle of West Campus.
1 mile in the southwest corner of West Campus.
2 miles around the perimeter of West Campus.