Swarthmore College
Wellness Trails

1. Swarthmore Stroll – Difficulty ■ Enjoy a flat terrain in and around the beautifully designed academic buildings on the upper edge of campus.
   Distance - 0.5 mile

2. Flower Walk – Difficulty ■■ Immerse yourself in the amazing colors, sights and fragrances that all of Swarthmore’s rich flowers and trees have to offer.
   Distance - 1 mile

3. Storm the Dorms – Difficulty ■■■ Loop from one edge of the campus to the other past Swarthmore’s enchanting dorms and architecture.
   Distance - 1.25 mile

4. Hill Monster – Difficulty ■■■■ Tackle the hills of Swarthmore and take in the sights of the campus. This path includes stairs and paths along the Crum Woods.
   Distance - 1 mile

Coming Soon – Trails in the Crum
Walking, running and biking trails with a variety of difficulty levels and distances along Crum Creek

Wellness Trails Now and In the Future
Health and wellness experts agree that staying active throughout the adult years is the best way to maintain a high quality of life throughout your life span. Walking and running are two activities with well-documented benefits. The Wellness Trails on campus present trails with varying degrees of difficulty and length combined with the pleasure of viewing the ever-changing beauty of the Arboretum.

Additional trails will be announced in the future. There are plans for color-coding the trails on walkways and putting in fitness stations at strategic locations. Brochures will be available in Human Resources, the Map House, Mullan Tennis and Fitness Center, on the Wellness web site, and eventually, in brochure caddies located near the Rose Garden and Tarble Circle entrances to Parrish.

The Wellness Trails were developed in a cooperative effort by the Wellness Group and the Athletics’ and Facilities Management departments.

Swarthmore Wellness Group
email: wellness@swarthmore.edu
www.swarthmore.edu/Admin/wellness/