Fall Creek 1-Mile Loop
Cross Cornell’s famous suspension bridge and listen to the rush of water through the Fall Creek Gorge. Exercising outdoors is considered more restorative than indoors! 1

Cascadilla 3/4-Mile Loop
Walking for less than 10 minutes in this hidden gem beneath Collegetown can have an immediate impact on students’ mood. 1

Arboretum 4-Mile Loop
A longer distance walk leads to the beautiful Cornell plantations. Enjoying one hour of walking each week is proven effective against Type II diabetes. 2

Beebe Lake 1-Mile Loop
One of Cornell’s most popular trails for a reason – The presence of water while exercising can boost mood and self-esteem. 3

Wildflower 2-Mile Loop
Cornell’s wildflower garden features sitting-meditation benches, known to reduce stress and anxiety in college students. 4
Are you a MapMyFitness user?

Join the Cayuga’s Walkers group on MapMyFitness for access to all routes on your desktop and mobile device. Scan the QR code below to locate the group.

References


