

# Four Walks around Keene State College

Keene State is a starting point for many good walking/jogging loops. Here are four “easily-done-in-a-lunchtime” options. To learn more about recreation and exercise opportunities at Keene State, visit [www.keene.edu/recsports](http://www.keene.edu/recsports)

## Route 1 – 1.5 miles

From Spaulding Gym head north on Madison St. – at Winchester St., turn right – at Main St., take a right (south) – at Appleton St., turn right – when the road becomes a path, follow it past Pondside Apartments (on left) – the path curves to the right, past the Pondside 1 Residence Hall (on left) and the Redfern Arts Center (on right) to the south parking lot – bear left across the lot and walk between the gym and the Whitcomb maintenance building – turn left after Whitcomb and walk past the right side of Carle Hall – at Butler Ct., turn right – at Winchester St., turn right – at Madison St., turn right and walk to the gym and the end of the route.

## Route 2 – 2.25 miles

Follow Route 1 to the south parking lot – follow the southern edge of the lot to the bridge to the Joyce Athletic Field – walk the perimeter of the fields, going behind the tennis courts and following the river bank back to the bridge – cross the bridge to the lot and continue as for Route 1 to end at the gym from Madison St.

## X-C Skiing

You can find maintained cross-country ski trails on Joyce Athletic Field and on the Owl Athletic Complex that approximately follow Routes 2 and 3.

## Route 3 – 2.6 miles

From the gym, walk south through the parking lot, past Redfern Arts Center (on left) and Pondside 1 Residence Hall (on right) – bear right just before Pondside Apartments, taking the walkway under Rte. 101 – turn right and walk down the road to the footbridge and the entrance to the Owl Athletic Complex (OAC) – after the bridge, turn immediately right and follow the edge of the mowed area, winding behind the wetlands and trees and brush area, close to Rte. 101 – follow the trail up onto the railway bed and turn left (caution, this is a snowmobile trail) – follow the railway bed until it intersects with Krif Road – turn left on this road and immediately bear right onto the mowed path (the cross country loop) through the woods, along the river (on right), and behind the softball and baseball fields to the footbridge – continue back to KSC to finish at the gym.

## Route 4 – 2.9 miles

Start as for Route 3 – from the footbridge at Owl Athletic Complex, follow the dirt path through the complex to the parking lot – follow the road through the lot and out the entrance to the road – follow the road, take the first right, and walk to the UPS building – return along the same route back to the gym.

## Safety

It is always a good idea to let others know where you are walking and when you expect to return. Walking in pairs and groups makes a walk more fun!

