Monday Mile walking routes at JHSPH
/maps and information provided courtesy of WellNet/

**JHSPH loop**

¼ Mile Walking Route *(outside)*

Four times around = 1 Mile

Walking once around this route = about 25 calories burned for a 180lb person.
Walking once around this route = about 16 calories burned for a 120lb person.

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**JHSPH and School of Nursing loop**

½ Mile Walking Route *(outside)*

Twice around = 1 Mile

Walking once around this route = about 50 calories burned for a 180lb person.
Walking once around this route = about 33 calories burned for a 120lb person.
Main Corridor Wolfe Street Entrance
¼ Mile Walking Route (inside)
Four times around = 1 Mile

Walking once around this route = about 25 calories burned for a 180lb person.
Walking once around this route = about 16 calories burned for a 120lb person.
Main Corridor, Broadway, Weinberg Route

½ Mile Walking Route (inside)
Two times around = 1 Mile

Walking once around this route = about 50 calories burned for a 180lb person.
Walking once around this route = about 33 calories burned for a 120lb person.
Main Loop without Bridges or Garage

.45 Mile Walking Route (inside) Two times around = .9 Miles

Walking once around this route = about 45 calories burned for a 180lb person.
Walking once around this route = about 30 calories burned for a 120lb person.
Full Main Loop

.65 Mile Walking Route

(Mostly inside, with bridge and garage partially outside)

Two times around = 1.3 Miles

Walking once around this route = about 65 calories burned for a 180lb person.
Walking once around this route = about 42 calories burned for a 120lb person.
Downtown Campus Route

Wolfe Street Entrance → Right on Wolfe Street → Right on Fayette Street → Right on Broadway Street → Right on Monument Street → Right on Wolfe Street

1.3 Mile Walking Route (outside)

Walking once around this route = about 130 calories burned for a 180lb person.
Walking once around this route = about 85 calories burned for a 120lb person.