

PANTHER TRAILS



STATE CAPITOL TRAIL (1 Mile)

Atlanta Campus

1. Start at the corner of Piedmont Avenue and Decatur Street in front of Petit Science Center (100 Decatur St. SE). Walk south on Piedmont Avenue toward the Georgia State MARTA Station. (Note that Piedmont Avenue becomes Capitol Avenue south of Martin Luther King Jr. Drive.)
2. After you pass the State Capitol on your right, turn right onto Capitol Square to go west. Walk one block on Capitol Square and arrive at the intersection of Mitchell Street and Washington Street. (Note that Capitol Square becomes Mitchell Street east of Washington Street.)
3. Turn right on Washington Street to go north. Note that Washington Street becomes Courtland Street north of Martin Luther King Jr. Drive.
4. Turn right on Gilmer Street to go east. Walk one block. Turn right on Piedmont Avenue to go south. Walk one block and return to starting point in front of Petit Science Center at the intersection of Piedmont Avenue and Decatur Street.

OVER FOR MAP

PANTHER TRAILS



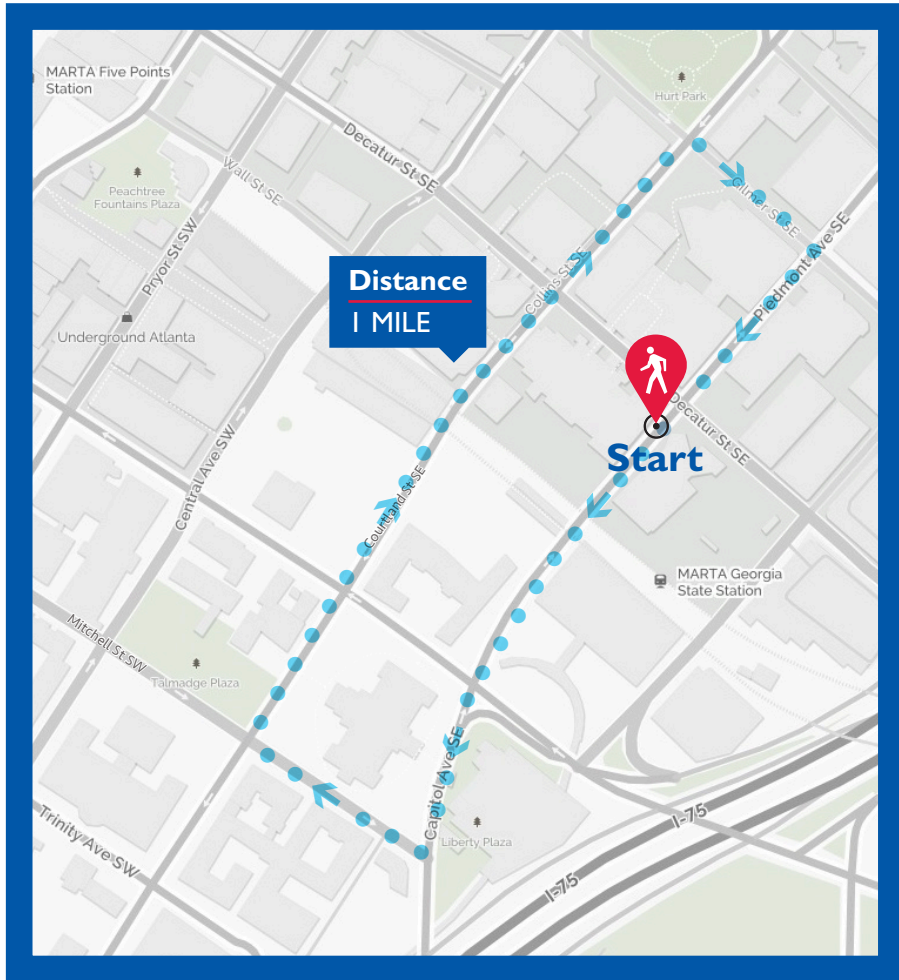
STATE CAPITOL TRAIL (1 Mile)

Atlanta Campus

1. Start at the corner of Piedmont Avenue and Decatur Street in front of Petit Science Center (100 Decatur St. SE). Walk south on Piedmont Avenue toward the Georgia State MARTA Station. (Note that Piedmont Avenue becomes Capitol Avenue south of Martin Luther King Jr. Drive.)
2. After you pass the State Capitol on your right, turn right onto Capitol Square to go west. Walk one block on Capitol Square and arrive at the intersection of Mitchell Street and Washington Street. (Note that Capitol Square becomes Mitchell Street east of Washington Street.)
3. Turn right on Washington Street to go north. Note that Washington Street becomes Courtland Street north of Martin Luther King Jr. Drive.
4. Turn right on Gilmer Street to go east. Walk one block. Turn right on Piedmont Avenue to go south. Walk one block and return to starting point in front of Petit Science Center at the intersection of Piedmont Avenue and Decatur Street.

OVER FOR MAP

STATE CAPITOL TRAIL



Leisurely pace
30 minutes

Moderate pace
20 minutes at 3 mph

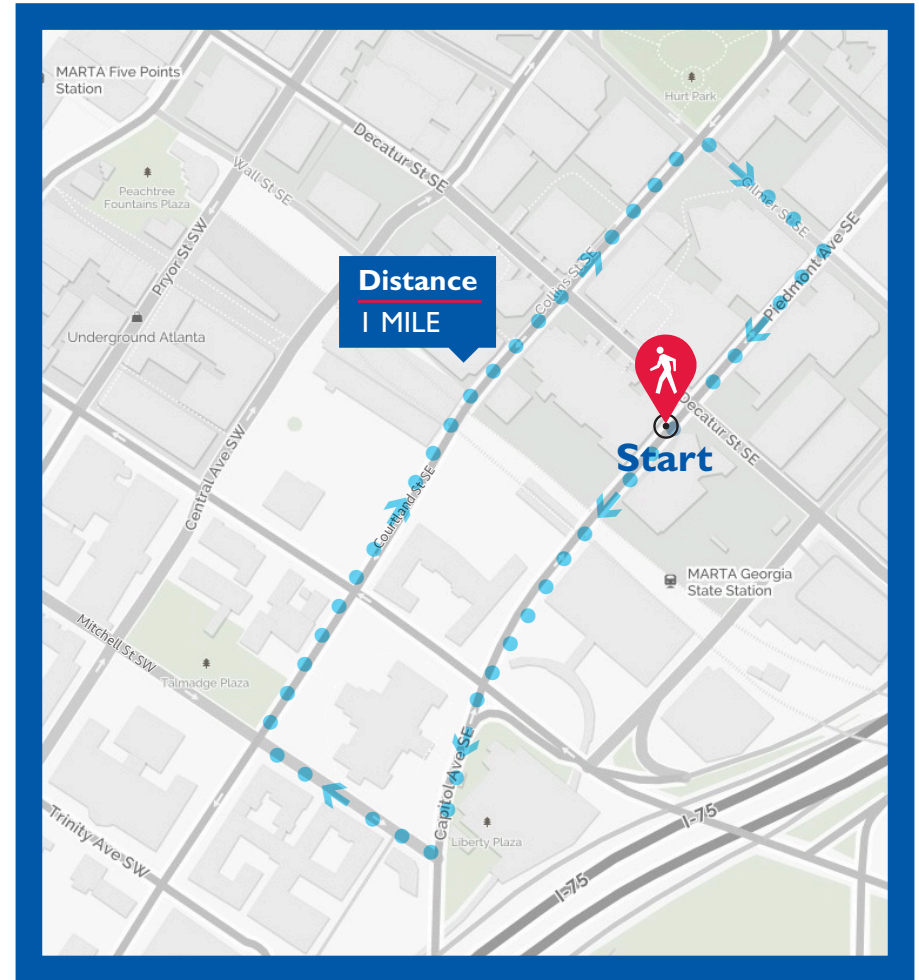
Vigorous pace
12 minutes at 5 mph

Times are approximate.



UNIVERSITY SYSTEM OF GEORGIA
Well-being

STATE CAPITOL TRAIL



Leisurely pace
30 minutes

Moderate pace
20 minutes at 3 mph

Vigorous pace
12 minutes at 5 mph

Times are approximate.



UNIVERSITY SYSTEM OF GEORGIA
Well-being