

# PANTHER TRAILS



## *Perimeter College*

### **NEWTON CAMPUS TRAIL (.5 miles)**

1. Start in front of building 2N along Cedar Lane.
2. Follow sidewalk toward parking lot.
3. Continue on sidewalk into parking lot until sidewalk ends.
4. Cross street, and walk along road passing in front of building 3N.
5. Continue along edge of parking lot along baseball field.
6. Take sidewalk that begins at northern edge of parking lot.
7. Take a left to follow sidewalk around the garden plots behind building 2N.
8. Take a right in front of building 1N, and walk through green space toward Cedar Lane.
9. At Cedar Lane, turn right to walk back to building 2N.

#### ***Nearby Attractions***

- Daffodil Field (watch for wildlife, including snakes and armadillos)

**OVER FOR INSIDE TRAILS AND MAP**

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## PERIMETER COLLEGE NEWTON CAMPUS TRAIL



Leisurely pace  
15 minutes

Moderate pace  
10 minutes at 3 mph

Vigorous pace  
6 minutes at 5 mph

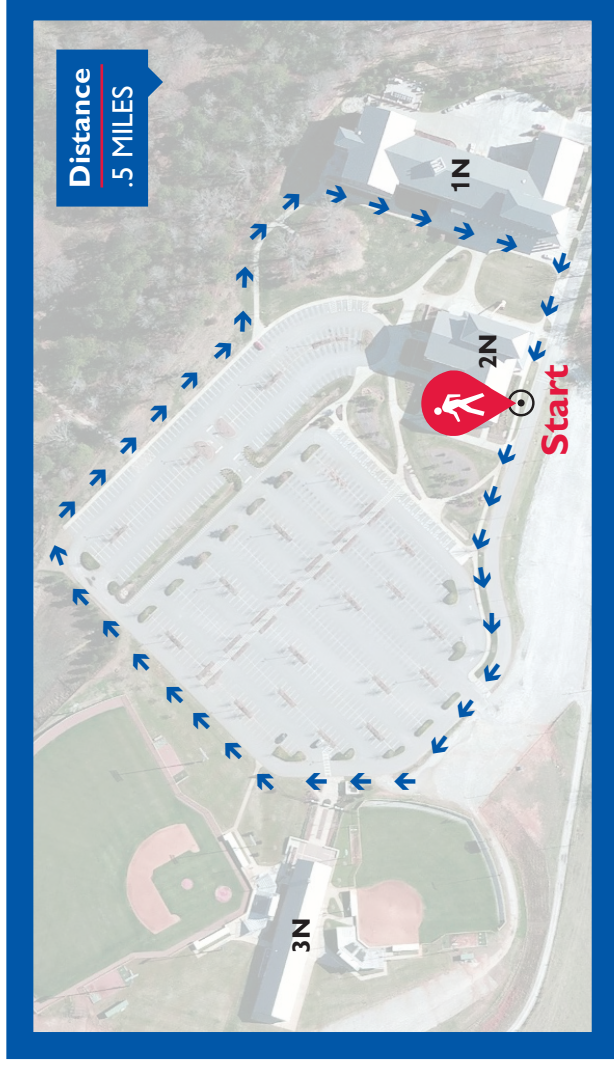
*Times are approximate.*



UNIVERSITY SYSTEM OF GEORGIA

Well-being

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UNIVERSITY SYSTEM OF GEORGIA

Well-being

### ADDITIONAL TRAILS INSIDE BUILDING 1N

#### Indoor Trail 1 (.2 miles)

1. Start inside building 1N at the Cedar Lane entrance.
2. Take stairs up to the third floor.
3. Walk down corridor to opposite stairwell.
4. Take stairwell back down to first floor.
5. Walk down corridor back to Cedar Lane entrance.

#### Indoor Trail 2 (.25 miles)

1. Start inside building 1N at Cedar Lane entrance.
2. Take stairs up to second floor, and walk down corridor to opposite stairwell.
3. Take stairs up to third floor, and walk down corridor to opposite stairwell.
4. Take stairs down to second floor, and walk down corridor to opposite stairwell.
5. Take stairs down to first floor, and walk down corridor back to Cedar Lane entrance.

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