

Cat Trails at UC Merced Castle Facility

Inside Break

Need a break from your computer screen? Go out of your office and walk to the front of the building. Beginning from the entryway, walk to the right of the atrium and cross through between the atrium and offices, then turn right and continue to the back hallway and go across to the other side. Walk up the hallway to the atrium and turn right between the atrium and offices and turn left in hallway back out to the front of the building. This figure eight trek is approximately **0.1 miles**. Taking this break a few times a day will add to your daily activity.

Walk Around the Block

From the Castle UC Merced Facility, turn right on Hospital Road and walk towards Wallace Road turning left when you get there. Wallace Road turns into Apron Avenue. Continue on until you reach Talon Drive and turn left onto Thunderbird Avenue continuing until you reach Bomber Drive, turn left and walk until you come back to Apron Avenue. Apron Avenue becomes Wallace Road again and turn right back onto Hospital Road and continue until you arrive back at the Castle UC Merced Facility. This walk is approximately **1.5 miles**.

Castle Tour

This is approximately a 30–40 minute walk. From the Castle UC Merced Facility, turn right on Hospital Road and walk towards Wallace Road turning left when you get there. Wallace Road turns in to Apron Avenue. Continue on until you reach Talon Drive and turn left. Turn left onto Thunderbird Avenue continuing until you reach Bomber Drive, veer right and walk thru Tanker Court, turn right and walk around the last building and out the driveway onto W. Perimeter Drive until you reach Hospital Road. Continue until you arrive back at the Castle UC Merced Facility. If you cool down with a lap around the inside of the UC Merced Facility, congratulations, you have just completed approximately **2.0 miles**.