The followings are the walking maps of the areas surrounding the Connecticut Department of Public Health. You may use these maps to record the mileages that you walk everyday as well as the number of steps that you take. There are no rules as to what path to choose. You may choose one path and then add another or alternate between different paths. Please note that these maps are just a suggestions and for your information only. These are not mandatory walking places and you should always practice safety when walking. Please refer to the “Participants Guide” in your package or this website for safety tips during walking.
Red Route: (Approx. 1.2 miles, 20-25 minutes).
1. Take a left out of the 410 main entrance onto Capitol Ave
2. Take a left onto Broad Street
3. Take a left onto Farmington Ave
4. Take a left onto Sigourney Street
5. Take a left down the second staircase (after crossing the highway off-ramp crosswalk)
6. Take a left back onto Capitol Ave back to DPH

- **TO SHORTEN ROUTE, TAKE A LEFT JUST BEFORE AETNA (FOLLOW PINK ARROWS)... THIS PLACES YOU FURTHER DOWN ON SIGOURNEY STREET, follow above directions from #4-5. (Walk approx 0.85 miles, 15-20 minutes)**
Blue Route (Approx. 0.85 miles, 15-20 minutes)
1. Left out of 410 main entrance
2. Left onto Broad Street
3. Left onto Farmington Ave
4. Left onto Lawrence Street
5. Right onto Capitol Ave back to DPH

Purple Route From Lab (Approx. 0.8 miles, 15 minutes)
1. Right out of Lab Clinton Street entrance
2. Cross Elm Street to Bushnell Park
3. Right on Elm Street; follow perimeter of Bushnell Park
4. Left onto Trinity Street
5. Left onto Elm Street
6. Right onto Clinton Street back to Lab entrance
Green Route (Approx. 1-1.25 miles, 25 minutes)
1. Left out of 410 Entrance
2. Left in front of Legislative Office Building
3. Follow sidewalk around to right along train tracks (in front of garage entrance)
4. Follow sidewalk over small bridge to Bushnell Park
5. Follow sidewalk into Bushnell Park (bear right)
6. Bear right on sidewalk (statue will be on right)
7. Right onto Trinity Street
8. Right onto Capitol Ave, follow back to DPH

Orange Route From Lab (Approx. 0.5 miles, 8-10 minutes)
1. Left onto Clinton Street
2. Left onto Capitol Ave
3. Left onto Hudson Street
4. Left onto Elm Street
5. Left onto Clinton Street back to Lab entrance

** Additional Distances of Interest**
1. From 410 Complex to the LOB: Approx. 0.25 miles, 5-7 minutes
2. From 410 Complex to the Lab (Clinton Street): Approx. 0.6 miles, 10-15 minutes