

George Rogers/Foundry Loop

2.4 miles

Profile: Flat, slight incline on return

Begin at the Provincial House main entrance, 17440. Descend the hill and walk along the path next to the mailboxes through the villas toward the staircase. Proceed down the stairs to Old River Rd. Turn left onto Old River Rd. and continue to George Rogers Park. The old foundry is located in the park at 1.2 miles. Return to Mary's Woods via the same route back to the stairs. At the top of the stairs, turn left onto the path and pass the garden. Turn left onto Rosecliffe Dr. Turn right onto Holy Names Dr. and return to the Provincial House main entrance.

Wellness/Adriatic Kit./Ceré Loop

.4 miles

Begin at the Wellness Center. Take the main stairwell at the entrance of the Provincial House to the second floor. Following signs for Adriatic Kitchen/Ceré. Turn left and follow the hallway to Apt. 414 & 415. Return to the Wellness Center by the same route.

Mary S. Young Loop

3.7 miles

Profile: Flat, slight incline

Begin at the Provincial House main entrance, 17400. Turn right onto Holy Names Dr. Turn left on Gleason Dr. Right on Furman Dr. Left at Hwy. 43. Follow Hwy 43 to the gated entrance at the park. Return via Hwy 43, pass the mile 9 mark and turn right between the opening in the guard rail and onto Old River Road. Continue on Old River Road to the stairs up to Mary's Woods. Follow the stairs to the footpath leading back to the main entrance of the Provincial House.

MARY'S WOODS

FITNESS & WELLNESS DEPARTMENT

GALLAGHER FITNESS CENTER

17550 Provost Street

Lake Oswego, Oregon 97034

(503) 675-42467

PROVINCIAL HOUSE FITNESS CENTER

17440 Holy Names Drive

Lake Oswego, Oregon 97034

(503) 534-3947

Walking TO Wellness



MARY'S WOODS

**Fitness & Wellness
Department**

BENEFITS OF WALKING

- Improves circulation
- Lowers Alzheimer's risk
- Improves sleep
- Strengthens muscles
- Can lead to a longer life
- Lightens mood
- Find more at arthritis.org

STEPS TO MILES CONVERSION

500 steps = 5 minutes = .25 miles

1000 steps = 10 minutes = .5 miles

1500 steps = 15 minutes = .75 miles

2000 steps = 20 minutes = 1 mile

2500 steps = 25 minutes = 1.25 miles

3000 steps = 30 minutes = 1.5 miles

3500 steps = 35 minutes = 1.75 miles

4000 steps = 40 minutes = 2 miles

4500 steps = 45 minutes = 2.25 miles

5000 steps = 50 minutes = 2.5 miles

5500 steps = 55 minutes = 2.75 miles

6000 steps = 60 minutes = 3 miles

ROUTES & DISTANCES

Holy Names Drive Loop

.7 miles

Profile: Flat, slight incline

Begin at the Dufresne entrance, 17480, marked with a white leaf. Turn right onto Holy Names Dr. Continue past the Ceré entrance and turn right into the parking loop at the front entrance to the Provincial House. Enjoy the short ascent and then, at Holy Names Dr., turn right again. Return to the Dufresne entrance, to complete the loop.

Gelason Dr./Furman Loop

.75 miles

Profile: Flat

Begin at the Durocher entrance, 17440. Turn left onto Holy Names Dr. Continue straight onto Gleason Dr. Turn left onto Furman Dr. Take a left on unmarked path and follow around back to Gleason Dr. Return to the Durocher entrance, 17440, to complete the loop.

Pacific Highway Loop

1.2 miles

Profile: Flat, slight incline

Begin at the Durocher entrance marked with a white leaf. Continue out of the parking lot and take a right on to Holy Names Dr. Continue past the Heritage center up to Highway 43. make a left at the intersection and head toward Furman Dr. Take a left on Furman Dr. and travel down the pathway. Keep right at the fork and walk past the post office around the bend veering left. Travel straight on the paved walkway past the fountain in the middle of the campus. Make a left at the intersection and continue up Furman Dr. Make a right on Gleason Dr. Continue down and make a right on Holy Names Dr., returning to the Durocher entrance.

