



Aurora Health Care Paddock Lake Walking Paths

Do the hours in your day seem to be more and more scarce? How's the weather outside? Would you much rather be outside? If you looking for time to get some exercise in when the weather is good or if you just do not have time to go to the gym, here is your solution. The Aurora staff has walked out a few outdoor routes for our employees to get a quick walk during your lunch break. We put together 3 routes will easily fit into your daily schedules.

Route 1 (1/4 mile)

- 1) Start at the Main Entrance and turn Right
- 2) Follow sidewalk until it stops, turn right
- 3) At stop sign, cross street to sidewalk to the right
- 4) Continue along the front of Super Valu and Tenula
- 5) At the end of the sidewalk, continue straight through the parking lot behind the building on the right-hand side
- 6) At the end of the building turn right as if you were heading back to the Aurora Health Center.
- 7) Walk through the parking lot, be careful with traffic,
 - a. Note: If it is at a busy time, I recommend walking back along the other buildings sidewalks
- 8) Finish at the Main Entrance = ¼ mile

Total time: 5 - 7 minutes

Route 2 (.5 miles)

- 1) Start at Main Entrance and turn Right
- 2) Follow sidewalk until it stops, turn right
- 3) At stop sign, cross street and continue straight, do not go in front of buildings
- 4) Follow driveway behind the Super Valu buildings
- 5) Continue walking behind the building, to the left there is a road that appears to lead to a sub-division. Follow that road (72nd street)
- 6) Follow curve to the right

- 7) Walk to Stop sign at 250 Ave and 72 street
- 8) Turn around and head back the way you came.
- 9) You could either continue behind the building or walk on the sidewalk in front of Super Valu.
- 10) Turn left and cross driveway to reach the Aurora Health Center
- 11) Finish at Main doors = little more then ½ mile

Total time 10 – 15 minutes

Route 3 (1 mile)

1. Start at Main Entrance and turn Right
2. Follow sidewalk until it stops, turn right
3. At stop sign, cross street and continue straight, do not go in front of buildings
4. Follow driveway behind the Super Valu buildings
5. Continue walking behind the building, to the left there is a road that appears to lead to a sub-division. Follow that road (72nd street)
6. Follow curve to the right
7. Walk to Stop sign at 250 Ave and 72nd street
8. Continue walking straight toward McAlonan Park
9. Turn Right at 248 Ave.
10. Turn Right At 73rd street by the park sign
11. Continue up the small hill
12. Turn Right at 250 Ave
13. Left at 72nd street
14. Follow curve to the left
15. Walk across parking lot to the sidewalk in front of Tenula's. Continue to Super Valu, cross street to the Aurora Health Center
16. Finish at the Main Entrance

Total time 15-20 minutes