

Upstate Route



MOVE IT MONDAY!
Jump start your week!



Starting from Irving Ave

- 1 Head north on Irving Ave toward E Adams St
 - 2 Turn left onto E Adams St
 - 3 Turn right onto Elizabeth Blackwell St
 - 4 Turn left onto Harrison St
 - 5 Turn left onto Almond St
 - 6 Turn left onto E Adams St
 - 7 Turn right onto Irving Ave
- Arriving at Irving Ave

Total: 1.0 mi - about 20 mins

Healthy Monday  **Syracuse**
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

KEEP UP THE GOOD WALK