

## HEALTHY ROUTE: 3 MILES

### Healthy Route

#### Begin at the W. Whitner St Parking Garage

Walk west on W. Whitner St then turn left on S. Murray Ave

Walk south on S. Murray Ave then turn left on W. River St

Walk east on W. River St then turn left on S. Main St

Walk north on S. Main St then turn right on E. Benson St

Walk east on E. Benson St then turn left on S. Manning St

Walk north on S. Manning St then turn right on W. Whitner St

Walk east on W. Whitner St then turn left on N. Fant St

Walk north on N. Fant St then turn left on E. Greenville St

Walk west on E. Greenville St then turn right on N. Main St

Walk north on N. Main St then turn left on Roberts Ave

Walk west on Roberts Ave then turn left on N. Murray Ave

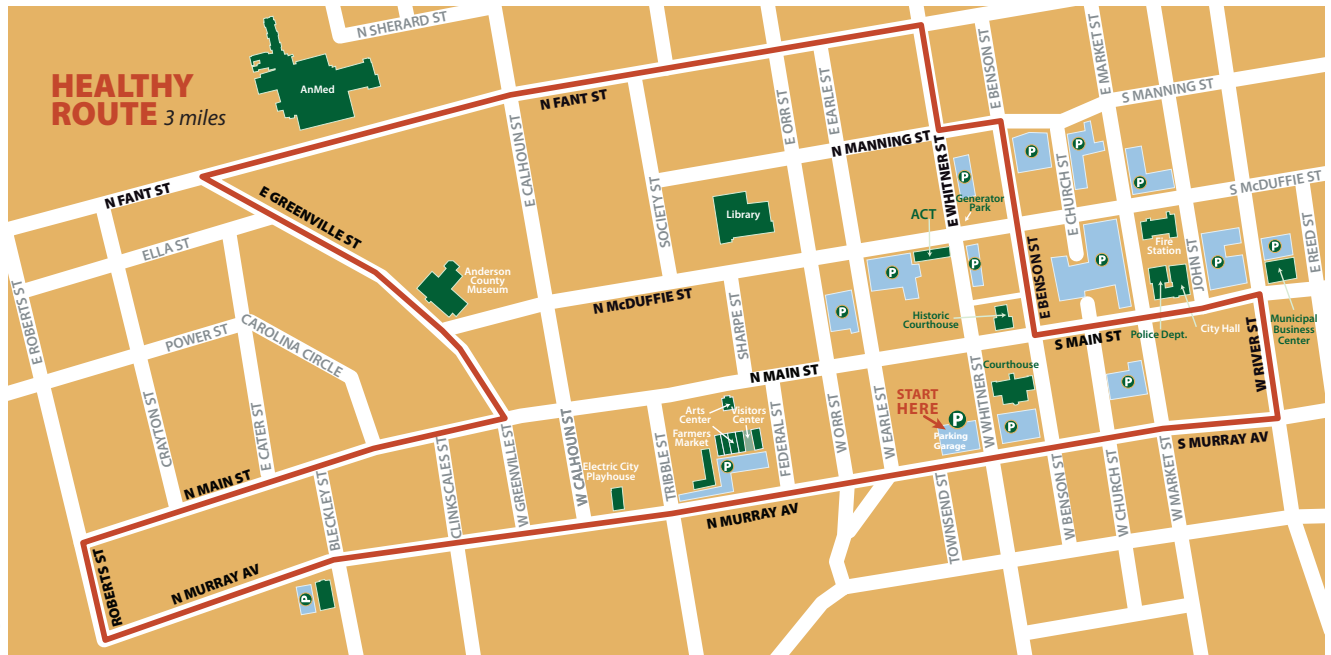
Walk south on N. Murray Ave then turn left on W. Whitner St

#### End at the Parking Garage

## HEALTHY BENEFITS:

- Exercise helps you manage your weight.
- Exercise strengthens muscles, bones and joints.
- Exercise boosts your energy level.
- Exercise improves your mood.
- Exercise combats chronic diseases.
- Exercise promotes better sleep.

The three mile Healthy Route is the longest route and links to several health and fitness facilities.



Downtown street photo provided by Pixel Point Graphics.

# Explore Downtown Anderson... *The Healthy Way!*

3 walking or jogging routes that get you out and moving while enjoying many of our downtown attractions.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

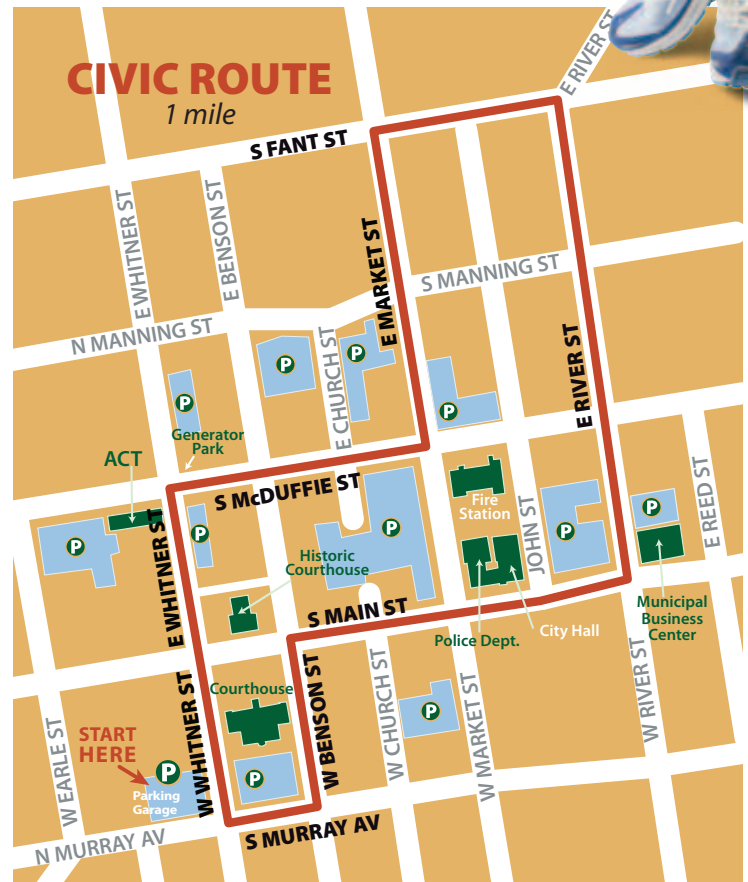
# Explore Downtown Anderson...*The Healthy Way!*



## CIVIC ROUTE: 1 MILE

This route is named such for the many governmental agencies that are along this one mile route.

Civic Route
<b>Begin at the W. Whitner St Parking Garage</b>
Walk west on W. Whitner St then turn left on S. Murray Ave
Walk south on S. Murray Ave. then turn left on W. Benson St
Walk east on W. Benson St then turn right on S. Main St
Walk south on S. Main St then turn left on E. River St
Walk east on E. River St then turn left on S. Fant St
Walk north on S. Fant St then turn left on E. Market St
Walk west on E. Market St then turn right on S. McDuffie St
Walk north on S. McDuffie St then turn left on W. Whitner St
<b>End at the Parking Garage</b>



Walk north on S. and N. McDuffie St then turn left on E. Greenville St
Walk west on E. Greenville St then turn left on N. Murray Ave
Walk south on N. Murray Ave then turn left on Tribble St
Walk east on Tribble St then turn right on N. Main St
Walk south on N. Main St then turn right on W. Whitner St
<b>End at the Parking Garage</b>

## CULTURAL ROUTE: 2 MILES

Cultural Route
<b>Begin at the W. Whitner St Parking Garage</b>
Walk west on W. Whitner St then turn left on S. Murray Ave
Walk south on S. Murray Ave then turn left on W. Benson St
Walk east on W. Benson St then turn right on S. Main St
Walk south on S. Main St then turn left on E. River St
Walk east on E. River St then turn left on S. McDuffie St
Walk north on S. McDuffie St then turn right on E. Market St
Walk east on E. Market St then left on S. Manning St
Walk north on S. Manning St then turn left on E. Benson St
Walk west on E. Benson St then turn right on S. McDuffie St



The Cultural Route is two miles; here you will find many art, museum and theatre destinations.

**NO MATTER WHICH ROUTE YOU CHOOSE** there is much to see and admire along the way; our beautiful historic buildings, courtyards, fountains and many public art installations. Have fun on your way; count how many fish or wrens you see. You can also gain wisdom by reading our Wise Walks that are etched in our sidewalks.