



Take a break & take a walk.

It can relieve your stress, clear your head, get the blood flowing, loosen up those muscles!

MID COAST HOSPITAL & Medical Office Building (121 Medical Center Drive)

Indoor Walking Routes

Stairmaster Stroll

Walk the length of each hall in the medical office building and take the stairs to reach the next level. At the top level, reverse direction walk those halls again repeat the process to come back down to your starting point.

Approximate walk length: 960' or ~0.2 mile

Quick Stroll

Start at HR and walk the length of the corridor to the end of the ED waiting area. About face and walk back to HR.

Approximate walk length: 3,178' or ~ 0.6 mile

The Big Loop

Starting at HR, walk the length of the corridor to the end of the ED waiting area.

About face and walk to Diagnostic Imaging. Take a Right into DI and take a left down the ground floor central staircase to the bottom level.

Turn right and walk to the Electrical room door.

About face and walk the length of the entire lower level corridor to the elevator adjacent to the Machine Room.

Yes, take the elevator and head to HR again. Suggestion: do some stretches in the elevator!

Approximate walk length: 3,609 or ~0.8 mile

The Ultra Walk

Take the Big Loop stroll and turn right at HR, take the stairs and complete the Stairmaster Stroll.

Approximate walk length: 4,704' or ~0.9 mile

The Lower Level Walk

Starting from the lower level elevator adjacent to the medical office building Machine/Boiler Room, walk the corridor past the lab and take a right at the environmental services offices. Continue until you reach the back stairwell. Turn about and retrace your steps.

Approximate walk length: 3,040 or ~0.6 mile