



**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)**

## **Outdoor Walking Routes**

### **The Scenic Route**

Starting at the north side entrance of the medical office building, turn right and walk to the entrance of the wooded walking path behind the hospital. Cruise through the woods along a beautiful well-marked trail along the estuary. Exit the woods trail at the south end of the parking area marked AREA B MCH Employee Parking on the parking map. Take the sidewalk beside the helicopter pad around alongside the hospital past the tower until you end back at the side entrance of the medical office building.

*Approximate walk length: 1,017 ft. or ~0.2 miles*

### **The Loop**

Starting at the tower (main entrance) turn left and walk along the sidewalk towards the parking areas A and D on the map. Follow this to the back of the lot and loop around to the sidewalk beside the helicopter pad. Walk back along the hospital to the starting point. At this point continue to walk along the sidewalk towards the parking lot on the hill known as AREA H MCH and MOB Employee Parking on the map. When you get to the parking area, walk up and around the upper lot back to the street sidewalk. Turn left to go up the hill to 81 Medical Center Drive. When you reach the front door of that medical office building, turn around and go back down the hill ending at the Tower.

*Approximate walk length: 2,200 ft. or ~.45 miles.*

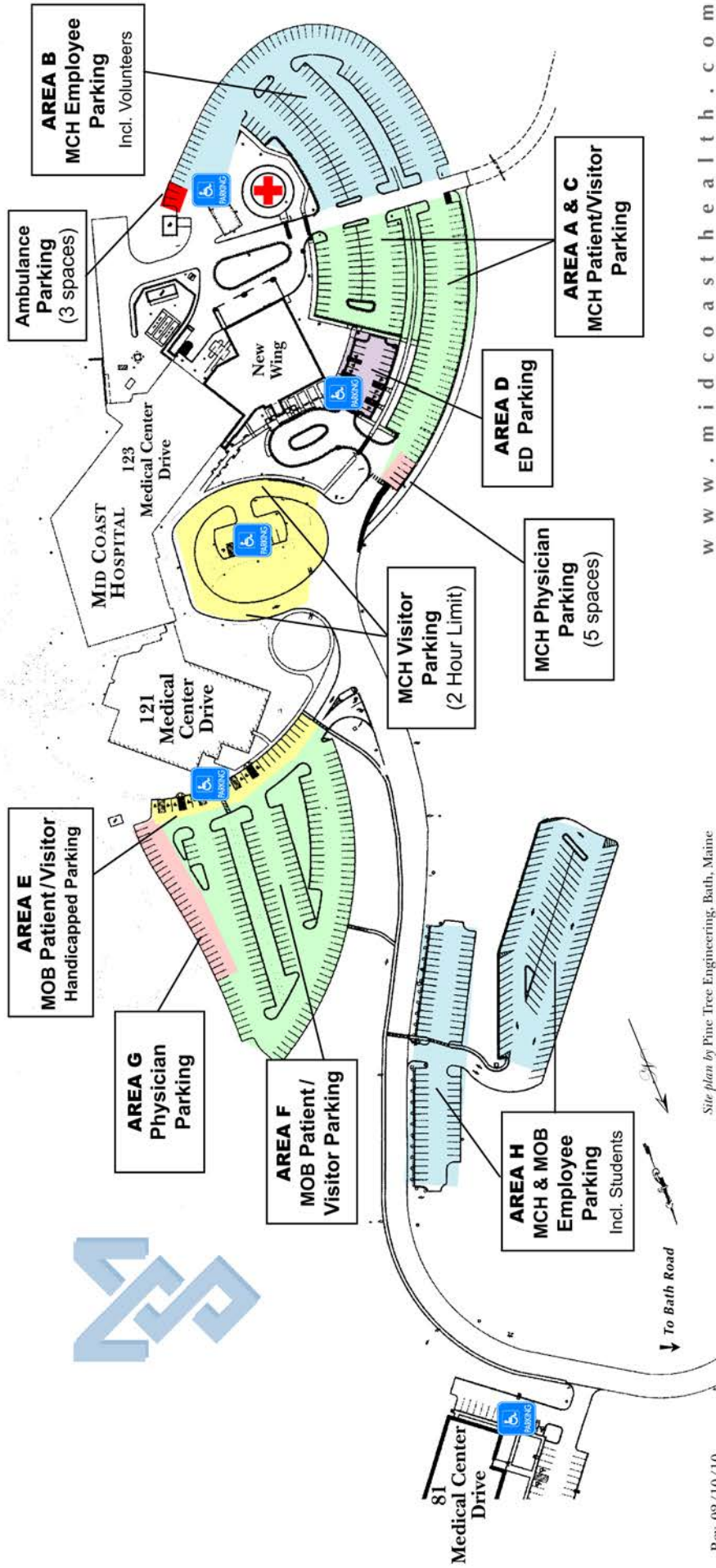
*For a lifetime of caring*



# MID COAST HOSPITAL

123 Medical Center Drive, Brunswick, Maine 04011

# PARKING MAP



Site plan by Pine Tree Engineering, Bath, Maine

www.midcoasthealth.com

Rev. 02/10/10