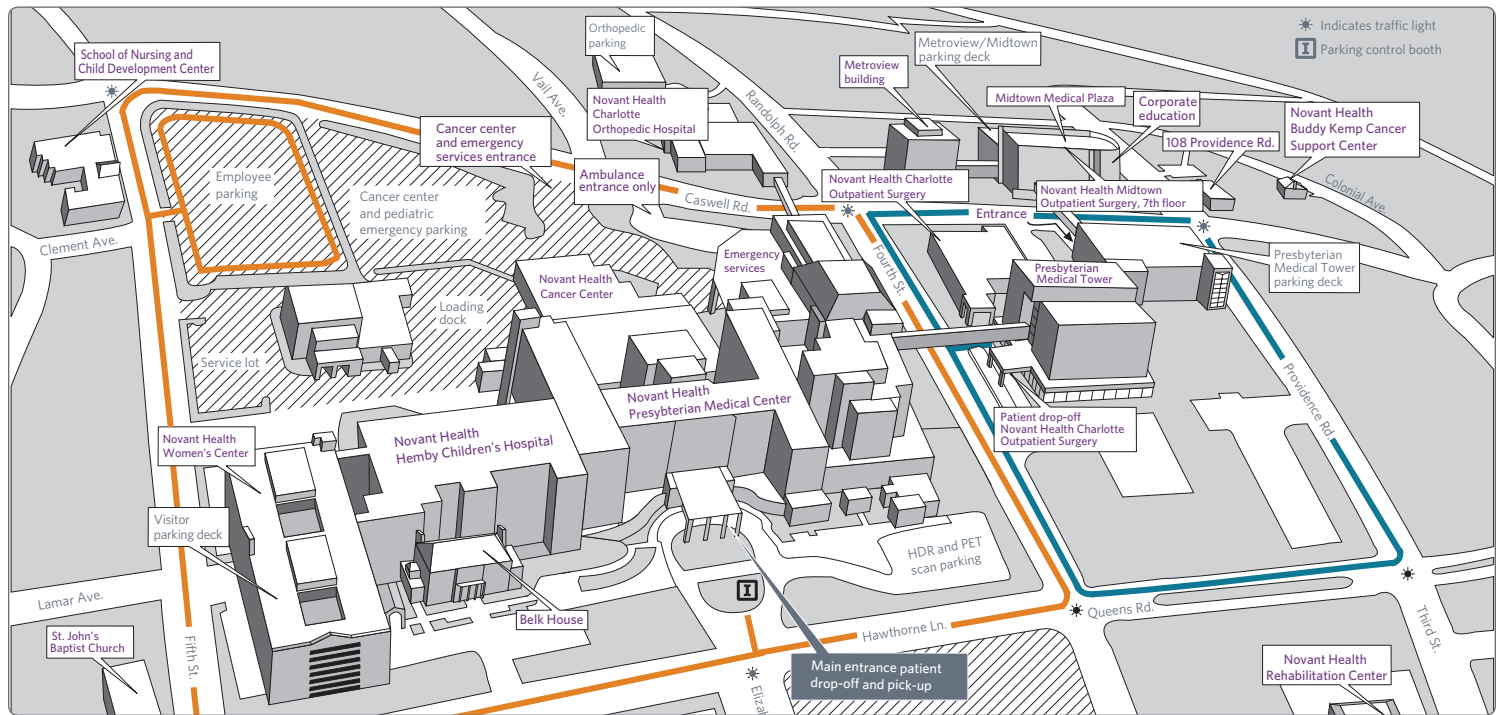




Walking trails

Create a Remarkable You by taking a walk at Novant Health Presbyterian Medical Center and Charlotte Orthopedic Hospital



Presbyterian Medical Center walking trail:

About 1 mile. Exit Presbyterian Medical Center and turn right onto Hawthorne Lane. Follow Hawthorne Lane and turn right onto E. Fifth Street. Continue down E. Fifth Street until you reach the employee parking lot. Turn right into the employee parking lot and walk around the lot, making one loop. Exit the parking lot and turn right onto E. Fifth Street. Turn right onto Caswell Road. Follow Caswell Road and then make a right onto E. Fourth Street. Follow E. Fourth Street and turn right onto Hawthorne Lane. Return to the Presbyterian Medical Center main entrance.

Presbyterian Medical Tower walking trail:

About 0.50 mile. Exit Presbyterian Medical Tower from the main entrance and turn right onto E. Fourth Street. Turn right on S. Caswell Road and then turn right on Providence Road. Providence Road will turn into E. Third Street. Turn right onto Queens Road. Follow Queens Road and turn right onto E. Fourth Street. Return to the Presbyterian Medical Tower main entrance.

Remember to use safety precautions while walking

- Avoid walking alone, especially at night.
- Stay alert of your surroundings at all times and don't carry valuables.
- Carry your cell phone so you can call for help in case of an emergency.
- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing oncoming traffic.

