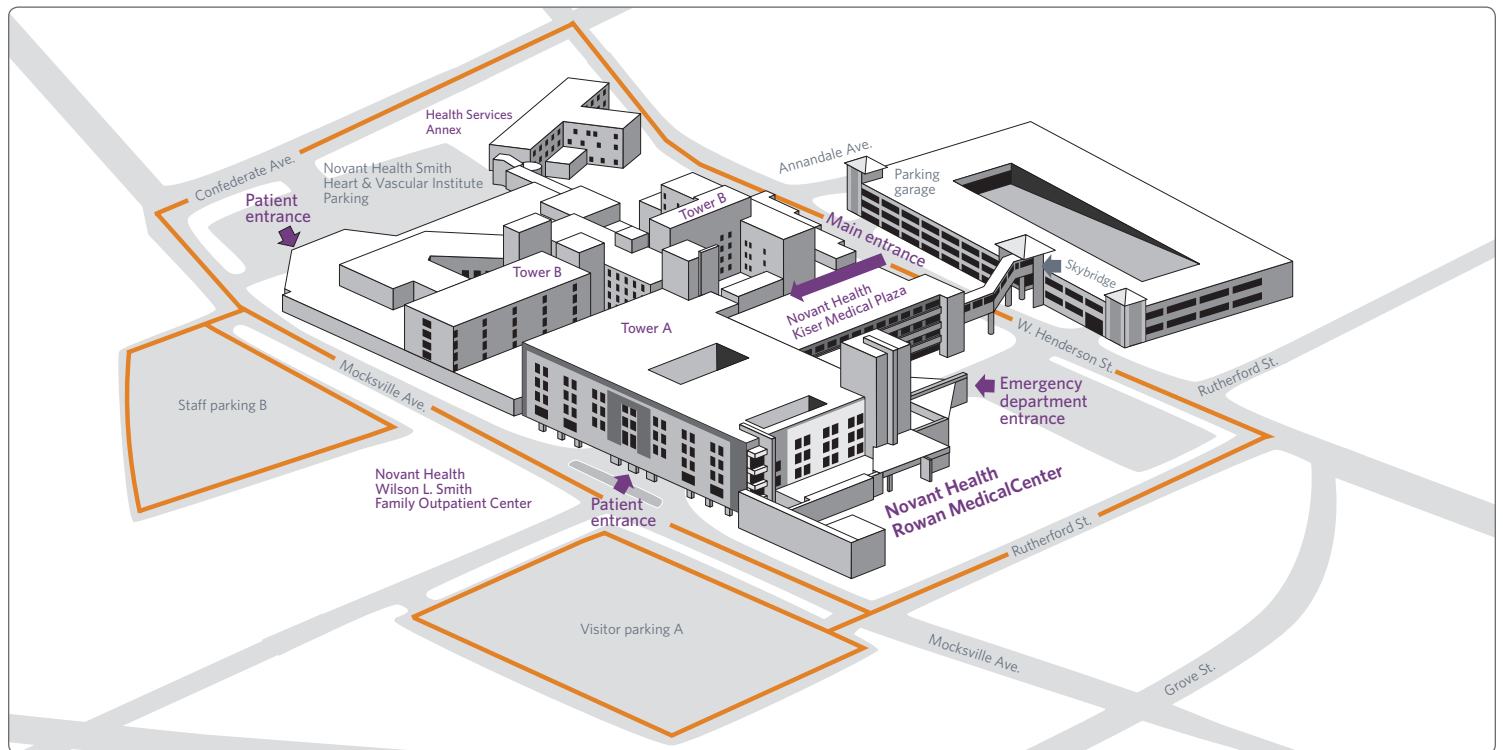




Walking trails

Create a Remarkable You by taking a walk at
Novant Health Rowan Medical Center



Rowan Medical Center walking trail:

About 1.5 miles. Start at the hospital main entrance and turn right onto W. Henderson Street. Continue walking and turn right on onto Rutherford Street. Walk across Mocksville Avenue into the parking lot on the corner and wind through the parking lot, exiting onto Mocksville. Turn left and follow Mocksville past the emergency department to the last parking lot on the left. Wind through the parking lot and exit back onto Mocksville Avenue. Walk toward Confederate Avenue and turn right onto Confederate. Walk toward W. Henderson and turn right. Continue walking back toward the main hospital 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.

