



Spring



Summer



Fall



Winter

WALK THE ART, NATURE & FITNESS TRAILS

at CEDARHURST

Experience the beauty of each season at Cedarhurst and get fit at the same time!

Try out the three walking routes indicated on the Cedarhurst campus map - complete with the step counts!

Did you know that walking for as little as twenty minutes per day:

- ~ Improves Mood
- ~ Increases Energy
- ~ Lowers Risk of Heart Disease

[DOWNLOAD CAMPUS MAP](#)

Walk 1: South Lawn Stroll ■ ■ ■ ■

Contemplate over 10 works of art - including favorites like *Vessel*, *Three Travelers*, and *Bolt* - as you walk the perimeter of the South Lawn quadrant of the Goldman-Kuenz Sculpture Park.

Step count - 1250!

Walk 2: Sounds & Sculpture ■■■■■■■■■■

Keep an eye out for the popular *Ring Toss* sculpture (it weighs 9 tons!), as you walk the winding blacktop towards the North Woods. If you're feeling adventurous toward the end, crawl inside *Lightspill* to get the full effect.

Round trip will give you 1400 steps!

Walk 3: North Woods Trail Challenge ■ ■ ■ ■ ■

Walk this loop multiple times to increase your step count, and be sure to keep an eye out for the white-tailed deer, squirrels, and various bird species that call the North Woods home. You may even spot a *Bull* - sculptural of course!

Each lap around is 915 steps!

You are welcome to bring your dog along for a walk in the park (except during larger crowd events such as the Cedarhurst Art & Craft Fair). Please keep your dog on a leash and kindly clean up after your pet - there are trash receptacles by the gates.

Meditate and Relax!

Find a bench near the pond in the Central Park region of the campus and focus on the water while meditating.

Try this CPR (*Calm, Peaceful, Relaxed*) meditation exercise.

As you inhale, say to yourself, **I am**
As you exhale, say to yourself, **calm.**

As you inhale, say to yourself, **I am**
As you exhale, say to yourself, **peaceful.**

As you inhale, say to yourself, **I am**
As you exhale, say to yourself, **relaxed.**

Repeat until your meditation time is up.

Learn more about our art sculptures!

Visit Cedarhurst.org to access the digital docent sound bytes or scan this code



Enjoy the ART of WALKING at



Sculpture Park Programming Sponsor:



2600 Richview Road | Mt. Vernon, Illinois 62864
cedarhurst.org

27TH STREET



cedarhurst
CENTER FOR THE ARTS

Goldman - Kuenz Sculpture Park
Mount Vernon, Illinois

WALK 1 -  South Lawn Stroll | step count 1250

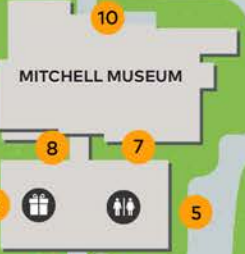
WALK 2 -  Sounds & Sculpture | step count 1400

WALK 3 -  North Woods Trail Challenge
step count 915

NORTH WOODS

CENTRAL PARK

SOUTH LAWN



SCHWEINFURTH HOUSE

MITCHELL MUSEUM

MITCHELL HOUSE

RICHVIEW ROAD

TEDRICK TRAIL

TANGLEWOOD TRAIL

PAWIS WAY

WITHERS WAY

Hughey Family Site

Kathy's View

Velma's View

