Walk 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!

**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 Lighspill 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!

Did you know that walking for as little as twenty minutes per day:
~ Improves Mood
~ Increases Energy
~ Lowers Risk of Heart Disease

**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

Cedarhurst Center for the Arts

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

Sculpture Park Programming Sponsor:

CROSSROADS COMMUNITY HOSPITAL
Goldman - Kuenz Sculpture Park
Mount Vernon, Illinois

WALK 1 - South Lawn Stroll | step count 1250

WALK 2 - Sounds & Sculpture | step count 1400

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