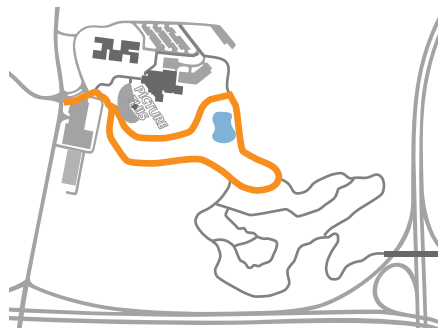
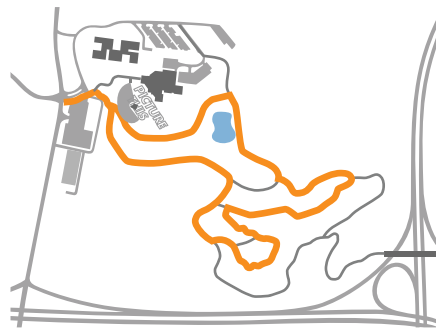


## Blue Cross and Blue Shield of North Carolina | Guide to Fitness in the Museum Park



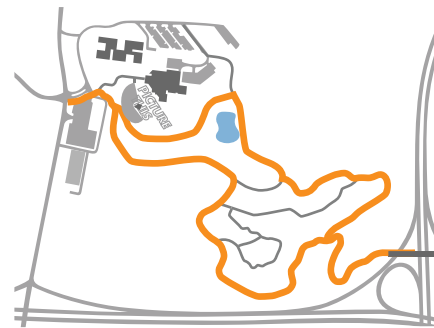
**AMBLER**  
 DISTANCE: 1 MILE  
 WALKING TIME: 30 MINUTES  
 CALORIES BURNED: 100

**HIGHLIGHTS:**  
 EASY STROLL WITH VIEWS OF MUSEUM PARK. GREAT FOR FAMILIES. NUMEROUS PICNIC SPOTS. PAVED TRAIL.



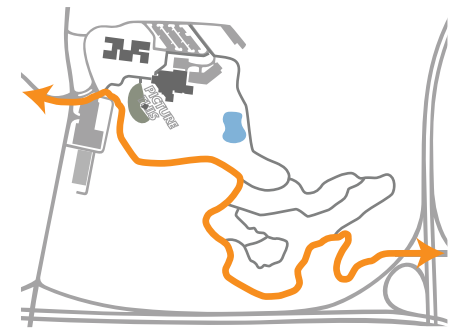
**INVESTIGATOR**  
 DISTANCE: 2 MILES  
 WALKING TIME: 1 HOUR  
 CALORIES BURNED: 200

**HIGHLIGHTS:**  
 WALK THROUGH THE PRAIRIE AND EXPLORE THE WOODLANDS ON THIS MODERATE MIXED-SURFACE TRAIL.



**EXPLORER**  
 DISTANCE: 2.3 MILES  
 WALKING TIME: 1.25 HOURS  
 CALORIES BURNED: 230

**HIGHLIGHTS:**  
 DISCOVER THE FULL MUSEUM PARK. GREAT FOR LONGER VISITS. SOME STEEP HILLS.



**CONNECTOR**  
 DISTANCE: 1 MILE  
 (MAIN PARKING TO BRIDGE)  
 WALKING TIME: 30 MINUTES  
 CALORIES BURNED: 100

**WEST (THERE AND BACK):**  
 UMSTEAD PARK: 4.6 MI  
 SCHENK FOREST: 2 MI  
**EAST (THERE AND BACK):**  
 MEREDITH COLLEGE: 4.6 MI  
 HILLSBOROUGH AND GORMAN STS.: 5.1 MI  
 SOME STEEP HILLS.