

# Four Walks around Keene State College

Keene State is a starting point for many good walking/jogging loops. Here are four "easily-done-in-a-lunchtime" options. To read more about recreation and exercise opportunities at Keene State, visit [www.keene.edu/recsports](http://www.keene.edu/recsports)

## Route 1 – 1.5 miles


From Spaulding Gym head north on Madison St. – at Winchester St., turn right – at Main St., take a right (south) – at Appleton St., turn right – when the road becomes a path, follow it past Pondsides Apartments (on left) – the path curves to the right, past the Pondsides Residence Hall (on left) and the Redfern Arts Center (on right) to the south parking lot – bear left across the lot and walk between the gym and the Whitcomb maintenance building – turn left after Whitcomb and walk past the right side of Carle Hall – at Butler Ct., turn right – at Winchester St., turn right – at Madison St., turn right and walk to the gym and the end of the route.

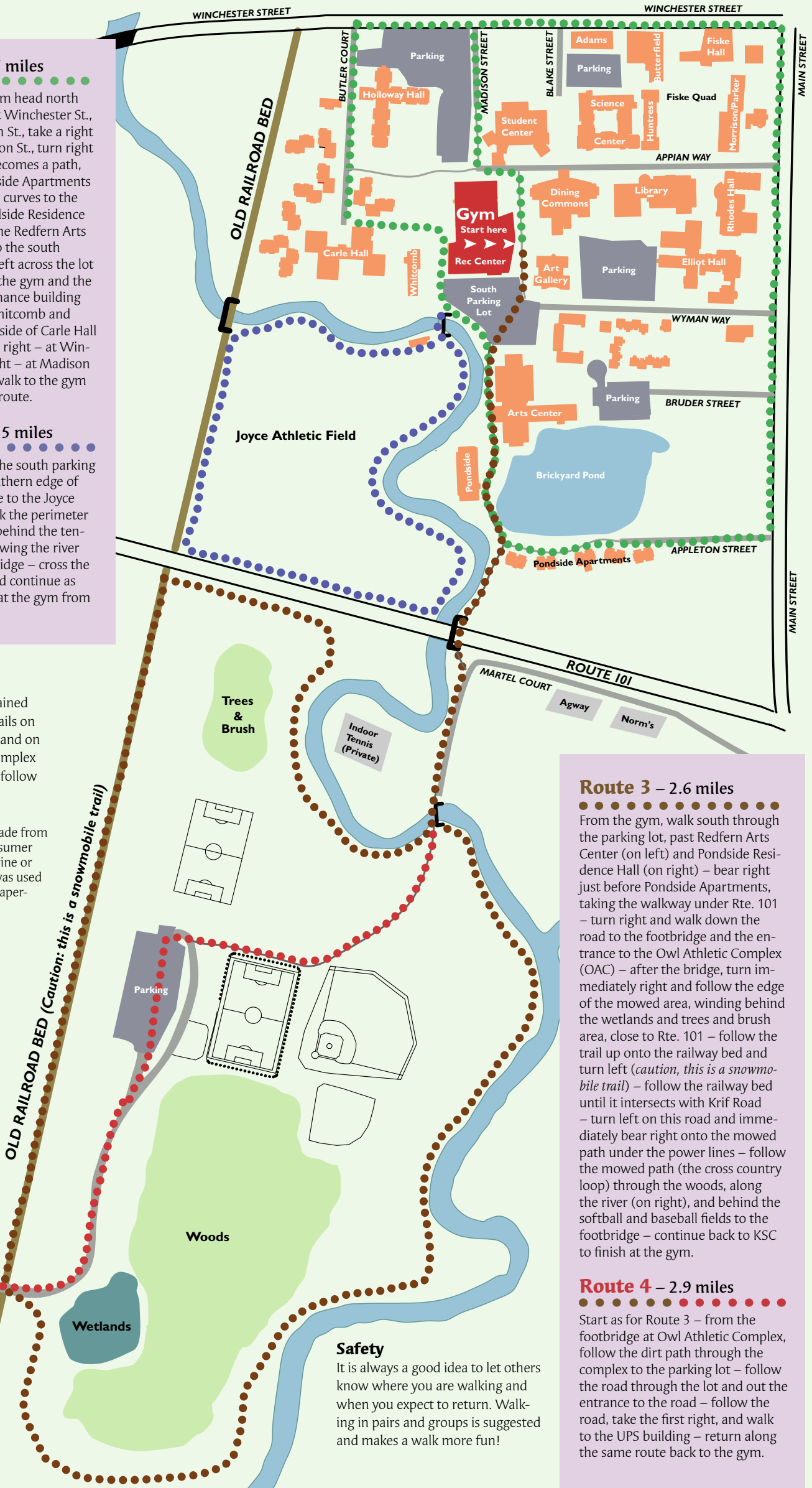
## Route 2 – 2.25 miles

Follow Route 1 to the south parking lot – follow the southern edge of the lot to the bridge to the Joyce Athletic Field – walk the perimeter of the fields going behind the tennis courts and following the river bank back to the bridge – cross the bridge to the lot and continue as for Route 1 to end at the gym from Madison St.

## X-C Skiing

You can find maintained cross-country ski trails on Joyce Athletic Field and on the Owl Athletic Complex that approximately follow Routes 2 and 3.

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## Route 3 – 2.6 miles

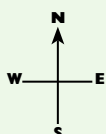
From the gym, walk south through the parking lot, past Redfern Arts Center (on left) and Pondsides Residence Hall (on right) – bear right just before Pondsides Apartments, taking the walkway under Rte. 101 – turn right and walk down the road to the footbridge and the entrance to the Owl Athletic Complex (OAC) – after the bridge, turn immediately right and follow the edge of the mowed area, winding behind the wetlands and trees and brush area, close to Rte. 101 – follow the trail up onto the railway bed and turn left (caution, this is a snowmobile trail) – follow the railway bed until it intersects with Krif Road – turn left on this road and immediately bear right onto the mowed path under the power lines – follow the mowed path (the cross country loop) through the woods, along the river (on right), and behind the softball and baseball fields to the footbridge – continue back to KSC to finish at the gym.

## Route 4 – 2.9 miles

Start as for Route 3 – from the footbridge at Owl Athletic Complex, follow the dirt path through the complex to the parking lot – follow the road through the lot and out the entrance to the road – follow the road, take the first right, and walk to the UPS building – return along the same route back to the gym.

## Safety

It is always a good idea to let others know where you are walking and when you expect to return. Walking in pairs and groups is suggested and makes a walk more fun!



OLD RAILROAD BED (Caution: this is a snowmobile trail)

WALK TO UPS (1/2 MILE ON RIGHT)  
KRIF ROAD