

Kirkland Town Library

Quarantine Walking Club

Challenge Three: A Short Stroll

By popular demand, this one kilometer (.6 mile) walk is just petite enough to stretch your legs. Start at the Library and turn left onto **College Street**, headed towards Hamilton College. Turn left onto **Dwight Avenue** and then left onto **Proctor Avenue**. When Proctor ends at **Berkley Drive**, turn right and then take a left onto **Sunset Avenue**. When you are back at **College Street**, return to the library and give yourself a pint-sized pat on the back!



Need some entertainment while you walk?

Download the Spotify app on your phone and search for the "Quarantine Walking Club" playlist.

Let us know which songs get you walking and we'll add them!

Just e-mail your suggestions to Clinton@midyork.org

How it works:

1. Pick up the weekly challenge at the Kirkland Town Library. You are welcome to leave your car in the parking lot.
2. Follow the map provided and try a path you might never have walked before.
3. Be safe. While you are walking, keep six feet of social distance between you and anyone else. Wear a mask if the streets are crowded. If you are on a road without sidewalks, walk against traffic as far out of the street as possible.