Mason Walkin': One-Mile Routes Mapped Out Across Mason

Fairfax Campus:

Building	Description	Steps/Miles *Roughly 2,000 steps = 1 mile
Aquia Building	Begin on the 2nd floor at room A202, walk 1 complete circle. Walk up the stairs to the 3rd floor, make 1 complete circle there and return to the stairs.	165 + 28 + 165 = 358 steps Repeat the above steps 6 times to get your 1.1 mile walk (2,148 steps).
Art & Design Building	Begin at room 1023, go 1 complete circle. Walk up the stairs to the 2nd floor, make 1 complete circle there.	208 + 26 + 206 = 440 steps Repeat the above steps 5 times to get your 1.1. mile walk (2,200 steps).
Center for the Arts	Begin at the front door to walk the arc of the building. Walk to the right (to the end of the arc). Turn around and walk back to complete the other half of the arc. Walk to the stairs. Go up the stairs to the 2nd floor, then walk to the end of the arc. Turn around and walk back to complete the other half of the arc.	240 + 25 +240 = 505 steps Repeat the above steps 4 times to get your 1.01 mile walk (2,020 steps).
College Hall	Walk 1 complete circle on the 1st floor. Go up the stairs to the 2nd floor and walk 1 complete circle there.	258 + 30 + 254 = 542 steps Repeat the above steps 4 times to get your 1.08 mile walk (2,168 steps).

Building	Description	Steps/Miles *Roughly 2,000 steps = 1 mile
David King Hall	Begin at room K2054 on the 2nd floor then make 1 complete circle. Walk up the stairs to the 3rd floor and make 1 complete circle there.	225 + 28 + 236 = 489 steps Repeat the above steps 5 times to get your 1.22 mile walk (2,445 steps).
Exploratory Hall	Walk 1 complete circle on the 1st floor. Go up the stairs to the 2nd floor and make 1 complete circle there.	218 + 24 + 218 = 460 steps Repeat the above steps 5 times to get your 1.15 mile walk (2,300 steps).
Johnson Center	Walk 1 complete circle on the main level (food court level). Go up the stairs to the 2nd floor then walk 1 complete circle there.	301 + 42 + 356 = 699 steps Repeat the above steps 3 times to get your 1.16 mile walk (2,097 steps).
Nguyen Engineering Building	Walk 1 complete circle on the main floor (2nd floor), go up the stairs to the 3rd floor, and walk 1 complete circle there.	152 + 24 + 212 = 388 steps Repeat the above steps 6 times to get your 1.16 mile walk (2,328 steps).
EagleBank Arena	Walk around the concourse.	6 times around the concourse = 1 mile
Planetary Hall	Begin at room T120, go 1 complete circle. Walk up the stairs to the 2nd floor and make 1 complete circle there.	172 + 24 + 210 = 406 steps Repeat the above steps 5 times to get your 1 mile walk (2,030 steps).
Research Hall	Walk 1 complete circle on the 2nd floor. Go up the stairs to the 3rd floor and complete 1 circle there.	210 + 24 + 210 = 444 steps Repeat the above steps 5 times to get your 1 mile walk (2,220 steps).

Building	Description	Steps/Miles *Roughly 2,000 steps = 1 mile
Merten Hall	Start at the front door and walk to the west staircase (adjacent to George Mason Boulevard). Walk up the stairs and cross the 2nd floor to the east staircase. Continue up the 5th floor alternating between using the east and west staircase. Once you reach the 5th floor (east staircase) and cross it to the west staircase, return down to the 1st floor (east staircase). Walk across the 1st floor to the west staircase and repeat.	Front door to the end of 5th floor at the top of the west staircase (553 steps) Top of west stairs on 5th floor to the bottom of the east stairs on 1st floor (409 steps) Bottom of east staircase across 1st floor to the west staircase (101 steps) Total: 1,063 x 2 = 2,126 steps

SciTech Campus:

Building	Description	Steps/Miles *Roughly 2,000 steps = 1 mile
Katherine G. Johnson Hall	Begin at the back entrance, take a left and walk down and back the length of the first floor (180). Go up the center stairs (38), walk down and back on the 2nd floor (188). Then, go up the stairs (28), walk down and back on the 3rd floor (144). Return to the 1st floor the same way you came up (434).	180 + 38 + 188 + 28 + 144 = 578 steps (up) 28 + 188 + 38 + 180 = 434 (down) Complete the above steps 2 times to get your 1 mile walk (2,024 steps).
Colgan Hall	Begin at the back of Randall's near the stairs. Walk 1 complete circle around the 1st floor (180). Go up the stairs (32) and walk around the 2nd floor (200). Then, go up the stairs (28), walk around the 3rd floor (200), then up the stairs (33) and walk the 4th floor (186).	180 + 32 + 200 + 28 + 200 + 33 +186 = 859 steps Repeat the above steps 3 times to get your (roughly) 1.29 mile walk (2,577 steps).

Mason Square Campus:

Building	Description	Steps/Miles *Roughly 2,000 steps = 1 mile
Van Metre Hall	Start at the Info Desk and go left toward the Multipurpose Room. Follow the hallway around the 1st floor, making a big circle and ending back at the Info Desk. At the center steps, walk up to the 2nd floor. Walk to the left of the stairs and follow the hallway down past 223 to STAIR 1. Walk up to the 3rd floor and down the length of the floor into Hazel Hall and up STAIR A to the 4th floor. Walk the 4th floor. Go down the opposite way you came up. STAIR 1: Start in the stairwell on level B2. Take steps up to the 4th floor and back down again to B2. STAIR 2 or STAIR 3: Start in the stairwell on the 1st floor. Take steps up to the 8th floor and back down to the 1st floor.	(Starting at Info Desk) 1,025 steps or 1/2 mile (STAIR 1, 2, or 3) 500 steps or 1/4 mile
Hazel Hall	STAIR B: Start at the Kirkwood Road entrance on Floor B1. Walk up to the Penthouse level and back down to B1.	350 steps or 1/6th mile