**Inspira Medical Center Vineland Walking Paths**

External Walking Path – Approx. 1 mile (2,000 steps)

Exit any door of RMC Building. Head towards the designated walking path along the perimeter of the hospital property. Walk one lap around perimeter of hospital property and return to the same door of the RMC Building.

Internal Walking Path – Approx. 0.7 mi (1,400 steps)

1. From the 1-East Hallway (Employee entrance), walk towards the ER hallway, through the double door, make a right heading toward the lobby and a left at the end of that hallway.
2. Walk through the lobby toward the gift shop. Just before the gift shop, take the stairs (to the left), all the way to the top and turn around and go all the way down to the Garden Level.
3. Make a hard left past the employee elevators and continue through the double door and around to the right, down the hallway past the storeroom. Make a right just before the loading dock down the short hallway and stop.
4. Turn around and follow the same path, back up the stairs to whatever level you can achieve and turn around.
5. Come all the way down and make a right out of the stairwell to pass by the visitor elevators. Follow the stairs up to the lobby level, make a left past the outpatient registration desk, and then a right down the ER hallway.
6. Make a left at the 1-East Hallway and finish at the Employee Entrance.