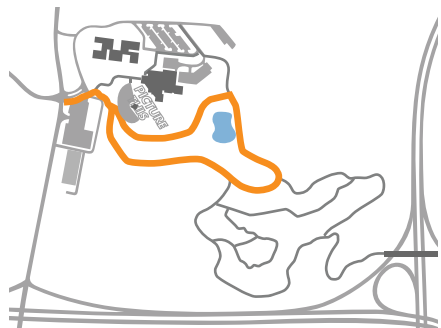
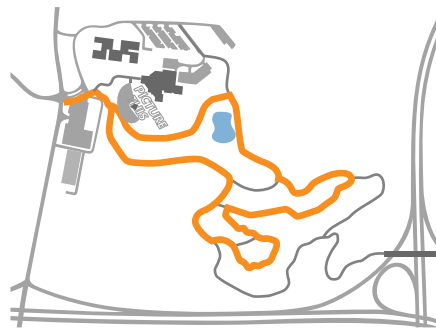


Blue Cross and Blue Shield of North Carolina | Guide to Fitness in the Museum Park



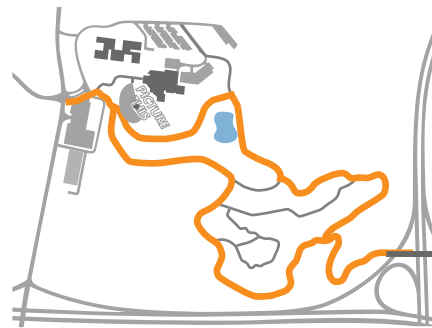
AMBLER
 DISTANCE: 1 MILE
 WALKING TIME: 30 MINUTES
 CALORIES BURNED: 100

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



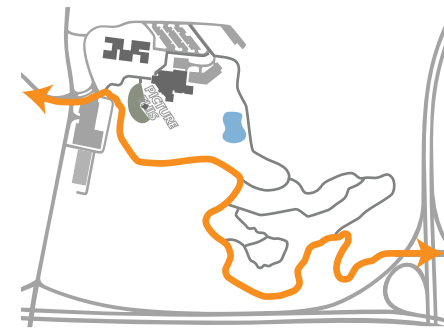
INVESTIGATOR
 DISTANCE: 2 MILES
 WALKING TIME: 1 HOUR
 CALORIES BURNED: 200

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.