

HEALING HIKE

Self-Guided Tour

Step Into Wellness

Take a one-mile, self-guided Healing Hike through campus, brought to you by **Mizzou Botanic Garden** and **MU Health Care**. Refresh your mind, move your body, and reconnect with nature.

Route Information:

Distance: Approximately 1 mile

Start/End: Begin at the north entrance area of the School of Medicine and School of Nursing to enter the MU Campus

Optional stops:

- Tom & Alice Payne Plaza (rest and reflect)
- Student Center (refreshments available)

Walk at Your Own Pace:

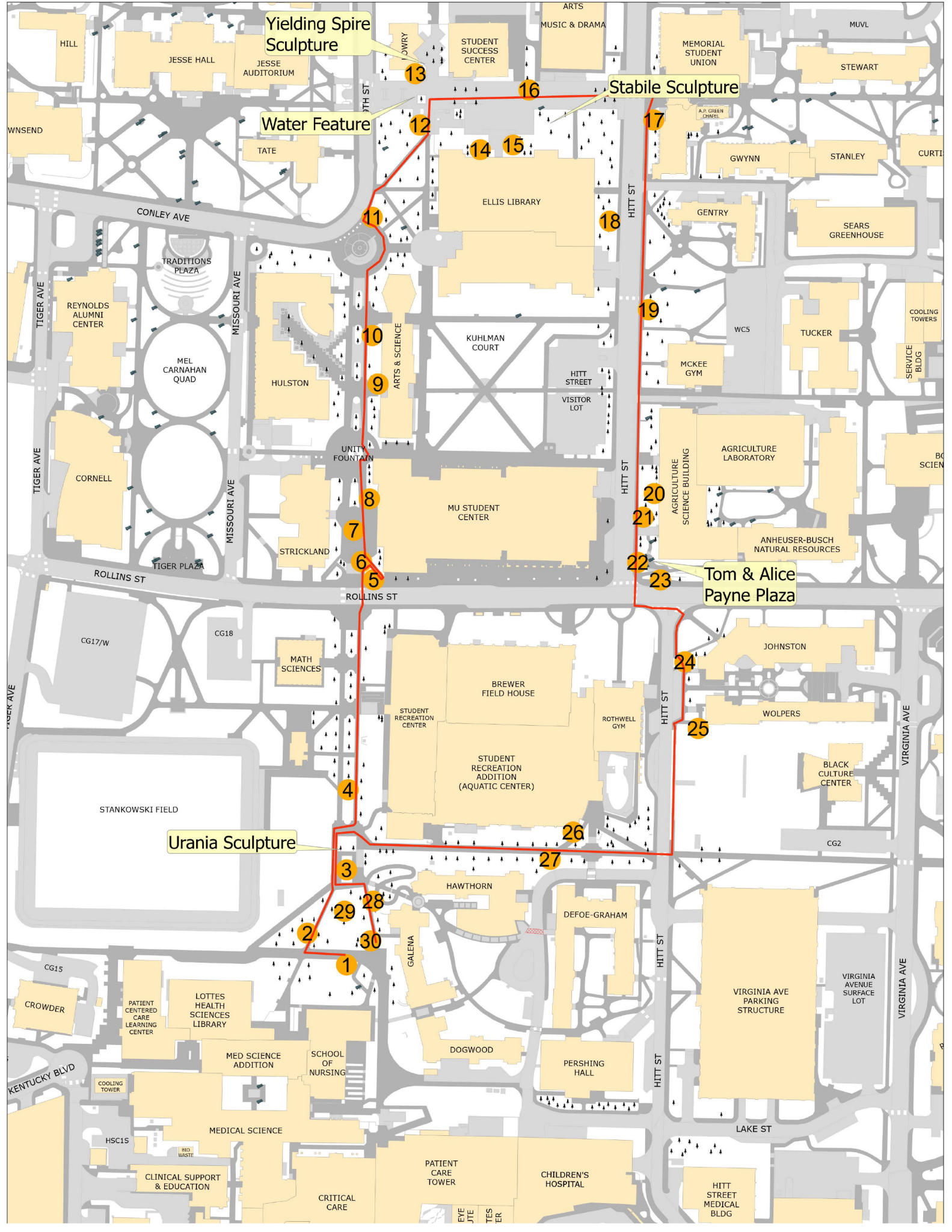
Moderate pace (3.5 mph): 20 minutes per mile.

Brisk pace (4.5 mph): 13 minutes per mile.



Why Take a Healing Hike?

- ✓ Boost your mood
- ✓ Reduce stress
- ✓ Support physical health
- ✓ Refresh your focus



Yielding Spire Sculpture

Water Feature

Stabile Sculpture

Urania Sculpture

Tom & Alice Payne Plaza

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