White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED Parking Lot)

Right out of ED Parking lot onto E. Post Road; at Mamaroneck Avenue make a left; at Martine Avenue make a left; at MLK Avenue make a left; at E. Post Road make a right
White Plains Hospital
“Walking Your Way to Wellness” Maps
(All walks start and end at The ED Parking lot)

“The Box”

Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Doyer Avenue make a left; at Mamoroneck Avenue make a left; at Maple Avenue make a left; at Davis Avenue make a right; at E. Post Road, make a right.
White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED Parking lot)

Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Maple Avenue make a left; at Mamaroneck Avenue make a left; at E. Post Road make a left

“The Wave”
White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED Parking Lot)

Right out of ED Parking lot onto E. Post Road; at South Broadway keep left; at Main Street make a left; at Court Street make a left; at E. Post Road make a right
White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED Parking Lot)

Left of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Doyer Avenue make a left; at Greenridge Avenue make a left; at Maple Avenue make a left; at Davis Avenue make a right; at E. Post Road make a right
White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED Parking Lot)

Left of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Prospect Street make a left; at Longview Avenue make a left; at E. Post Road make a left

“The Stroll”
White Plains Hospital
“Walking Your Way to Wellness” Maps
(all walks start and end at the ED parking lot)

“The Loop”

Right out of ED Parking lot onto E. Post Road; at Mamaroneck Avenue make a left; at Mitchell Place make a right; at South Broadway make a right; bear right and continue on E. Post Road
1. Choose a Wellness Walking Route
2. Cut on the dotted line
3. Take it with you on your walk

Walking Your Way to Wellness Map

“The Hook”
Right out of ED Parking lot onto E. Post Road; at Mamaroneck Avenue make a left; at Martine Avenue make a left; at MLK Avenue make a left; at E. Post Road make a right

“The Box”
Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Doyer Avenue make a left; at Mamaroneck Avenue make a left; at Maple Avenue make a left; at Davis Avenue make a right; at E. Post Road make a right

“The Wave”
Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Maple Avenue make a left; at Mamaroneck Avenue make a left; at E. Post Road make a left

“The Hike”
Right out of ED Parking lot onto E. Post Road; at South Broadway keep left; at Main Street make a left; at Court Street make a left; at E. Post Road make a right
1. Choose a Wellness Walking Route
2. Cut on the dotted line
3. Take it with you on your walk

**Walking Your Way to Wellness Map**

- **"The View"**
  - Left of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Doyer Avenue make a left; at Greenridge Avenue make a left; at Maple Avenue make a left; at Davis Avenue make a right; at E. Post Road make a right

- **"The Stroll"**
  - Left of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Prospect Street make a left; at Longview Avenue make a left; at E. Post Road make a left

- **"The Loop"**
  - Right out of ED Parking lot onto East Post Road; at Mamaroneck Avenue make a left; at Mitchell Place make a right; at South Broadway make a right; bear right and continue on E. Post Road