

# Upstate Route



**MOVE IT  
MONDAY!**  
*Jump start your week!*

## Starting from Irving Ave

- 1 Head north on Irving Ave toward E Adams St
  - 2 Turn left onto E Adams St
  - 3 Turn right onto Elizabeth Blackwell St
  - 4 Turn left onto Harrison St
  - 5 Turn left onto Almond St
  - 6 Turn left onto E Adams St
  - 7 Turn right onto Irving Ave
- Arriving at Irving Ave

Total: 1.0 mi - about 20 mins

**Healthy Monday**   
**Syracuse**  
[healthymonday.syr.edu](http://healthymonday.syr.edu)

**UPSTATE**  
MEDICAL UNIVERSITY

**KEEP UP THE GOOD WALK**