



1 North Hall Loop- Challenging (2.75 miles) - 1hr 22min	8 Cross Country Loop- Moderate (3.0 miles) - 1hr 30min
2 Church Rd Route- Challenging (0.75 miles) - 22min	9 Blandford Hill Rd Route- Challenging (0.5 miles) - 15min
3 Norwich Hill Loop- Moderate (2.0 miles) - 1hr	10 Town Common Loop- Easy (0.2 miles) - 6min
4 Littleville Landing Loop- Moderate (0.75 miles) - 22min	11 Riverwalk- Easy (0.04 miles) - 1min
5 Littleville Dam Route- Easy (0.5 miles) - 15min	12 Uptown Loop- Moderate (0.75 miles) - 22min
6 Norwich Bridge Cemetery Loop- Easy (1.0 miles) - 30min	13 Village Loop- Easy (1.5 miles) - 45min
7 Gateway Littleville Dam Route- Challenging (1.5 miles) - 45min	14 Pettis Field Loop- Easy (0.5 miles) - 15min

A half mile equals approximately 1,000 steps based on an average person's height, weight and moderate pace.