

In a continuing effort to support wellness and physical activity at NIH, the Office of Research Services, Division of Amenities and Transportation Services (ORS/DATS) has provided the walking distances to and from various locations on campus.

<b>From</b>	<b>To</b>	<b>Miles</b>	<b>Approximate Walking Time</b>
Metro	Bldg, 1	Escalator – 0.28	6 Minutes
		Gate – 0.21	4 Minutes
Metro	Bldg. 10 N	Escalator – 0.56	16 Minutes
		Gate – 0.50	14 Minutes
Metro	Bldg. 10 S	Escalator – 0.41	14 Minutes
		Gate – 0.35	12 Minutes
Metro	Bldg. 31	Escalator – 0.40	8 Minutes
		Gate – 0.33	6 Minutes
Bldg. 31	Bldg. 1	0.13	2 Minutes
Bldg. 31	Bldg. 10N	0.21	5 Minutes
Bldg. 31	Bldg. 10 S	0.38	12 Minutes
Bldg.31	Bldg. 45	0.55	16 Minutes

The NIH Health’s Angels Running Club provided the distances. To view their web page click on: <http://nihhealthangels.groupsie.com/main/summary>.



**Division of Amenities and Transportation Services**