



Trail begins and ends at the blue awning (outside Completion Center Café)



Bring your badge to re-enter Post 7

Trail Tips:

-  The trail is 1 1/8 miles
-  Set your own pace --
 - stop and rest as necessary
 - bring a friend for encouragement
-  Wear comfortable shoes (Although not permitted in work areas, tennis/athletic shoes can be worn to and from parking areas and to and from your personal work area. Note: Only protective footwear is allowed in designated safety shoe areas.)
-  Bring your ID badge (to re-enter Post 7)
-  Carry bottled water if desired