

# Vienna Walking Club:

- \* Every Friday at Noon starting January 13th ending in May.
- \* Selected Saturdays as requested by MOLLI Vienna Participants and depending on weather.
- \* Meet inside North Entrance of University Center.
- \* Wear walking shoes, be prepared to use the stairs to varying degrees.
- \* Most UM buildings on campus have elevators, but we will wean you off of those as Vienna is a walking city with very few elevators. Buildings and Hotels usually are not handicapped accessible.
- \* As weather permits, we will walk around the UM Oval-which has a brick and cobblestone-like surface similar to Vienna and especially Salzburg.
- \* We will schedule optional walking trips that are longer, including downtown Missoula, neighborhoods.
- \* Other walking location suggestions are welcome! As late spring approaches, we can expand to include the Kim Williams trail and other natural, bucolic sites.

## The Goal to be reached by May 1, 2012 for all MOLLI Participants:

- \* To be able to comfortably walk 3 miles on a flat surface at a leisurely pace;
- \* To be able to walk up two flights of stairs easily;
- \* To develop a mindset that walking is not a race to get somewhere, but a means of taking in sights and sounds of your surroundings and to enhance the enjoyment of the Vienna Experience (and a means of working off the calories from Vienna pastries and other goodies!).

For more information, please contact Maxine Ramey at 406-243-4518 or e-mail at [maxine.ramey@umontana.edu](mailto:maxine.ramey@umontana.edu)

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