

Walk-A-Round

IN THE EMPIRE STATE PLAZA

THE CAPITOL

STATE STREET

LEGISLATIVE
OFFICE BUILDING

JUSTICE
BUILDING

AGENCY
BLDG 4

THE
EGG

CONVENTION
HALL

AGENCY
BLDG 3

BUS TURNAROUND

WALKWAY TO
EAST GARAGE

AGENCY
BLDG 2

CORNING TOWER

AGENCY
BLDG 1

MADISON AVENUE

NYS
MUSEUM

**1/3 mile
(750 steps)**

in the Capitol, go up 141 stairs, around the 4th floor to the opposite stairwell, down 141 stairs

**1/4 mile
(500 steps)**

two times around the Egg

**1 mile
(2,000 steps)**

perimeter of entire Concourse and Agency buildings

**1/2 mile
(1,000 steps)**

perimeter of main Concourse corridor

**1/3 mile
(750 steps)**

four times around the perimeter of any floor in the Corning Tower

**1/2 mile
(1,000 steps)**

perimeter of the NYS Museum