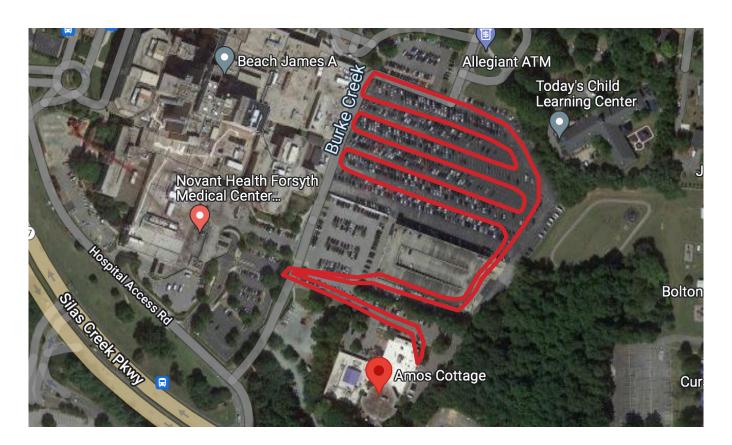


besthealth for us

Amos Cottage Walking Trail | Parking Lot Rows: 1.3 miles



Directions:

- Exit at the dock
- Walk to the end of the Amos Cottage driveway toward Forsyth Medical Center
- Take a right through the opening in the chain-link fence
- Walk straight through the physician parking lot, past the parking deck
- Follow the perimeter of the Forsyth employee lot until you reach Row A
- Begin zig-zagging through Rows A-F
- At the end of Row F, make your way back to the perimeter of the parking lot
- Retrace your steps around the Forsyth parking deck, through the physician parking lot, and through the chain-link fence
- Take a left through the chain-link fence and into the Amos Cottage driveway
- Return to the dock