

Capitol Mall Steps

The Capitol Mall Tunnel

- The Tunnel is approximately **604** steps from end to end (Capitol basement doors to the wall beyond Health & Welfare).
- This will vary based on your stride.
- The numbers below are based on a 5'1" person walking at a moderate pace.
- Numbers reflect the average of four walks over the same route using a FitBit and pedometers.
- If you walk the complete length of the Tunnel **three and one third times** it is approximately equal to **one mile** or **2000** steps.
- Set your goal to walk **10,000 steps** per day (**5 miles**)

Segments (approximate):

ICCU to Capitol=**209** steps

ICCU to West Elevator=**144** steps or ICCU to East Elevator=**241** steps

ICCU to Wall beyond DHW=**422** steps

The Capitol Building

Segments (approximate):

Ground Level East Wing to West Wing, end to end=**326** steps

Ground Level Stairwell (West) to 3rd Floor Senate Chambers=**179** steps

Ground Level Stairwell (East) to 3rd Floor House Chambers=**179** steps

House Hearing Room (Ground Level) to 3rd Floor House Chambers=**329** steps

Senate Auditorium (Ground Level) to 3rd Floor Senate Chambers=**329** steps

