Oregon State University is committed to advancing lifelong health and well-being for all. In order to achieve that status, health must be realized as a comprehensive concept including physical as well as mental health. These walks offer a mental escape from day-to-day life, allowing time to appreciate the history, beauty, and culture of Beaver Nation.

The Quiet Spaces walk will allow you to discover places on campus to study, meditate, or simply unwind for a few minutes. Keep each space in mind as you complete the journey so you are able to come back later and enjoy the unique serenity each one has to offer.

This walk is approximately 2.4 miles round trip and will take up to 50 minutes to complete.

1 Echo Column
(Courtyard at Burt Hall)
Lush grass, park benches and colorful flowers make this the perfect space for an outdoor lunch break or study session on a sunny day. A large sculpture depicting ten life forms from a wide range of habitats and ecosystems acts as a focal point in this space.

2 Green Space at the Gladys Valley Gymnastics Center
(South Side along Jefferson)
Observe the hustle and bustle of campus from this mini sanctuary. The park bench and water fountain in the background offer a chance for relaxation before heading into a busy day.

3 Brick Labyrinth
(Between LaSells & Alumni Center)
Donated by the class of 1959, this meditation labyrinth is ringed by bricks engraved with historic moments in OSU’s history. The gray brick pathway is intended to encourage quiet, contemplative walking.

4 Ode to a Tree
(Between Richardson Hall and the Forest Service Lab)
This large wood sculpture in the inner-courtyard of the Forestry Science buildings was created by Portland sculptor LeRoy Seziol in 1977 from six giant logs of Alaskan Yellow Cedar. The 20-foot stylized tree stands at one end of a low bench. At the opposite end of the bench is a panel of carved shapes that suggest the creative forms of wood. The sculpture is meant to be touched, sat on and leaned against.

Bonus Meditation Rooms
(Student Experience Center & Native American Longhouse)
These meditation rooms are open to all students, and are offered on a first come, first served basis. Ask about availability at the front desk of each building.

Be Well. Be Orange.
recsports.oregonstate.edu | Accommodation requests related to a disability should be made to Danielle Caldwell, 541-737-3517.
1. Echo Columns
2. Green Space at the Gladys Valley Gymnastics Center
3. Brick Labyrinth
4. Ode to a Tree

Richardson Hall
30th St.
Washington St.
Campus Way
Jefferson St.
Reser Stadium
Gill
CH2M
Reser Stadium
AUST
MU
VLIB
DxRC
Goss
Peavy
Reser Stadium

IRREGULAR
14th St.
13th St.
15th St.
A St.