UA CAMPUS WALKING TRAILS

Engage in 150 minutes of moderate exercise like brisk walking each week to improve your health. A 30-minute brisk walk equals about 2,000-3,000 steps.

QUICK 15-MINUTE BREAK LOOP
1.0 MILES

AFTER LUNCH STROLL LOOP
2.0 MILES

HARD CHARGER LOOP
5.25 MILES

SIGHTSEEER LOOP
3.1 MILES
AROUND THE WORLD LOOP

3.8 MILES

REC FIELDS LOOP

2.0 MILES

RAINY DAY INDOOR/OUTDOOR LOOP

4.0 MILES