

LET'S GET MOVING!

CAMPUS WALKING ROUTES

University of
Lethbridge



University of Lethbridge
4401 University Dr. West
Lethbridge, AB | T1K 3M4

ulethbridge.ca/hr/wellness



University of
Lethbridge



Living Well at the U of L

This walking guide is a result of feedback from the 2015 Employee Health & Wellness Survey. People told us they want to be active on campus. Walking routes (both indoor and outdoor) were mapped out for the university community to use. Walking is an essential part of health and wellness and we are lucky enough to have several routes available to us.

Don't let winter keep you cooped up! Thanks to our unique design (and an underground tunnel) you don't need to go outside to get in a good walk. Follow our indoor routes during lunch to get in extra steps into your day.

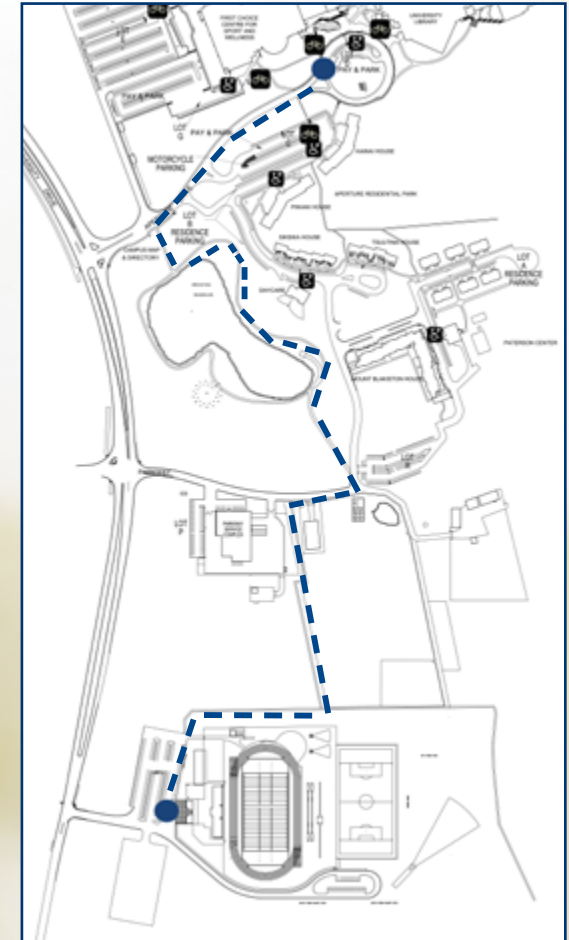
BUS STOP TO STADIUM LOOP 3.2 KM

Don't drive to the next rugby game, take a walk!

A 3.2 km loop, this walk takes you along the east side of Aperture Lake, past the Campus Roots community garden and through a secret campus tree grove coming out on the north end of the stadium.

This route is great to get a quick workout on your lunch break by walking to the stadium.

Can you spot the sculptures along the way?



OUTDOOR ROUTE

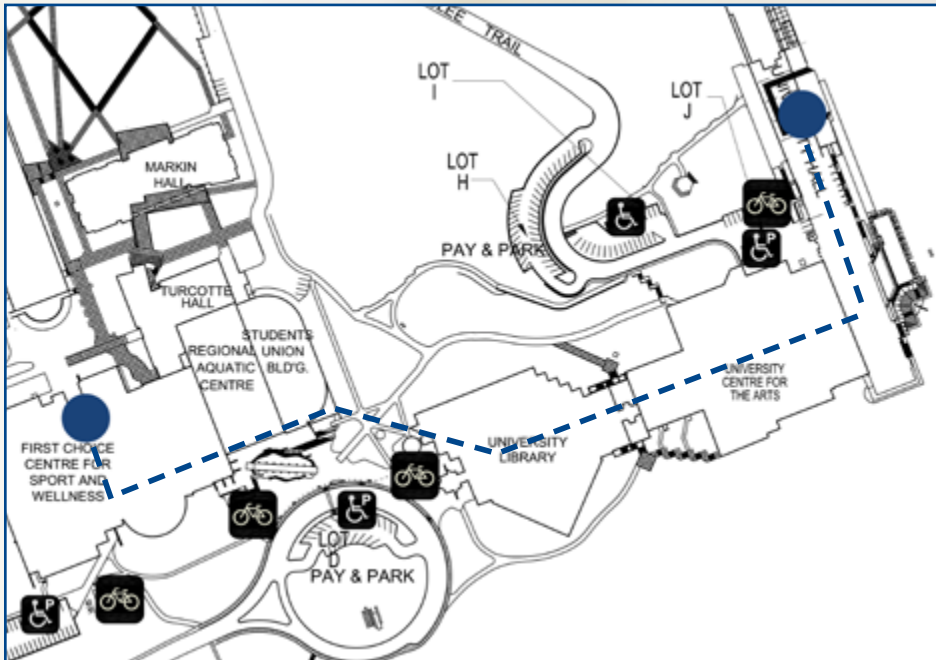


COFFEE LOOP

2.5 KM

Starting at the Tim Horton's in the 1st Choice Savings, utilize the underground tunnel to make your way to the Tim Horton's on the 6th floor of U-Hall. Grab your coffee at one and your get your cream at the other.

On a cold windy day you can get from one coffee shop to the next without setting a foot outdoors by using the underground tunnel.



INDOOR ROUTE

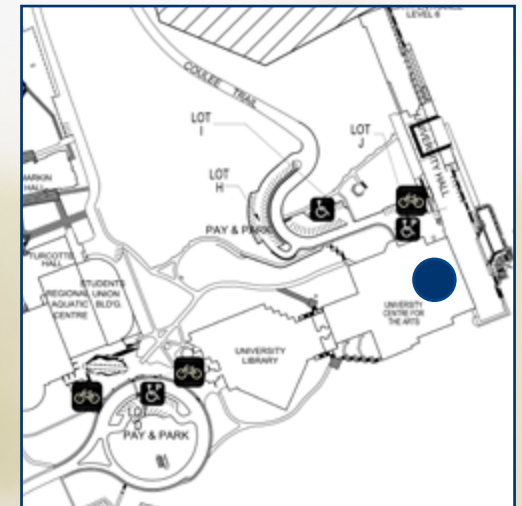
FINE ARTS STAIRCASE

124 STEPS

Rain or shine, University of Lethbridge has an excellent staircase for climbing in the Fine Arts building. With 124 steps, it's a great way to work your legs and get your heart pumping.

While on this staircase you won't be bored as you will get views of Moses (the large statue on Floor 6), as staff and students alike huff and puff up the large staircase.

- Even two flights of stairs climbed per day can lead to 6 lbs of weight loss over one year
- There is a significantly lower risk of mortality when climbing more than 55 flights per week
- Stair climbing increases leg power and may be an important priority in reducing the risk of injury from falls in the elderly
- Stair climbing can help you achieve and maintain a healthy body weight

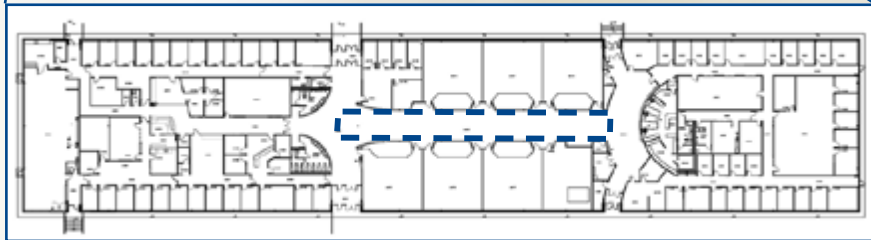
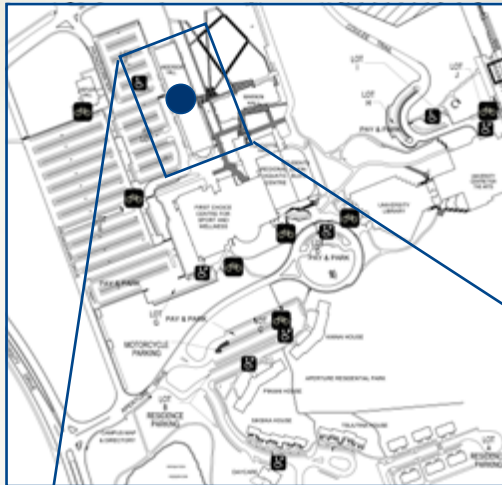


INDOOR ROUTE

ANDERSON HALL LOOP

7 TIMES= 1 KM

Only have a few minutes before your class starts in Anderson Hall? Walk in a loop from the cash office to Career Services seven times to cover a kilometre!

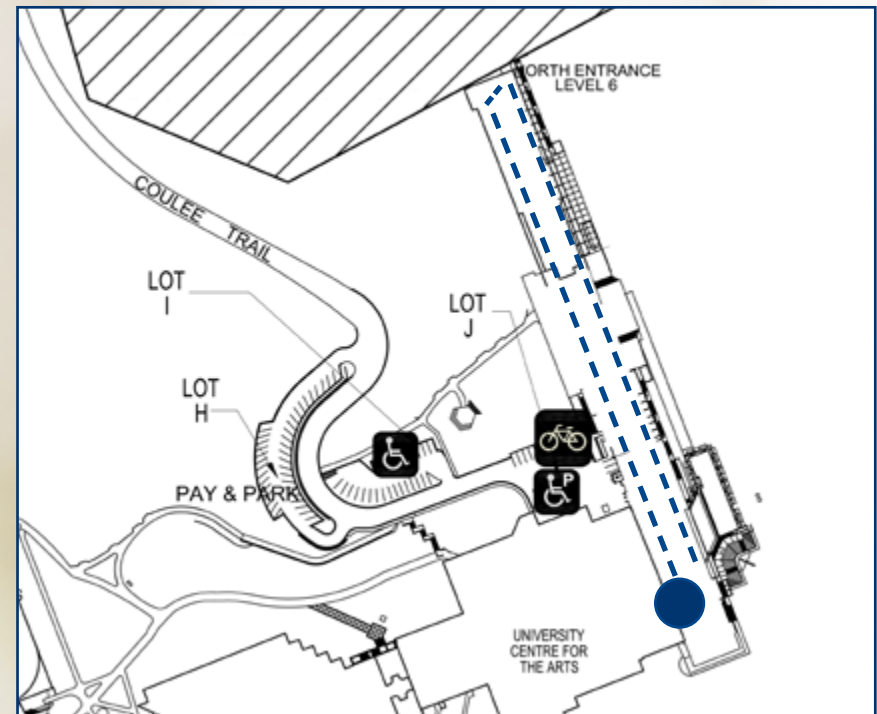


UNIVERSITY HALL FLOOR 8 LOOP

0.55 KM

The scenic 8th Floor of University Hall is a great place for an indoor walk. While you can't make a complete loop of the 8th floor (the NW portion is closed off for labs) you can still complete a partial loop of 0.55km. Do the loop twice to cover over a kilometre.

You can also learn while you walk as the hallway is covered with educational posters from the various departments housed on that floor.



INDOOR ROUTE

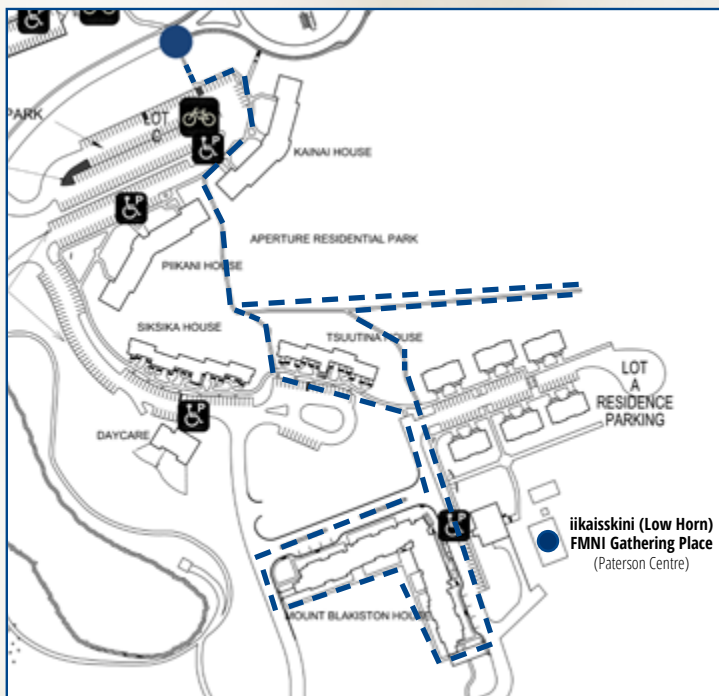
INDOOR ROUTE

UNIVERSITY RESIDENCE LOOP

1.6 KM

Living on campus? It's easy to fit in 1.5 km walking around the on campus residences! Along the way stop in at iikaisskini (Low Horn) FNMI Gathering Place to say hello. The FNMI Student Services are located here.

Head out from the Bus Loop towards the residence and follow the path around the residences to complete the loop. Enjoy the beautiful coulee views and be sure to look towards the north for a look at the famous High Level Bridge.



OUTDOOR ROUTE

APERTURE LAKE LOOP

1.5 KM

Head outside for fresh air, sunshine, and a good walk. This route takes you around the U of L storm pond located on the south end of campus. The route has a paved pathway and two laps around the lake equals 1.5 km around. Perfect for any level of walker!

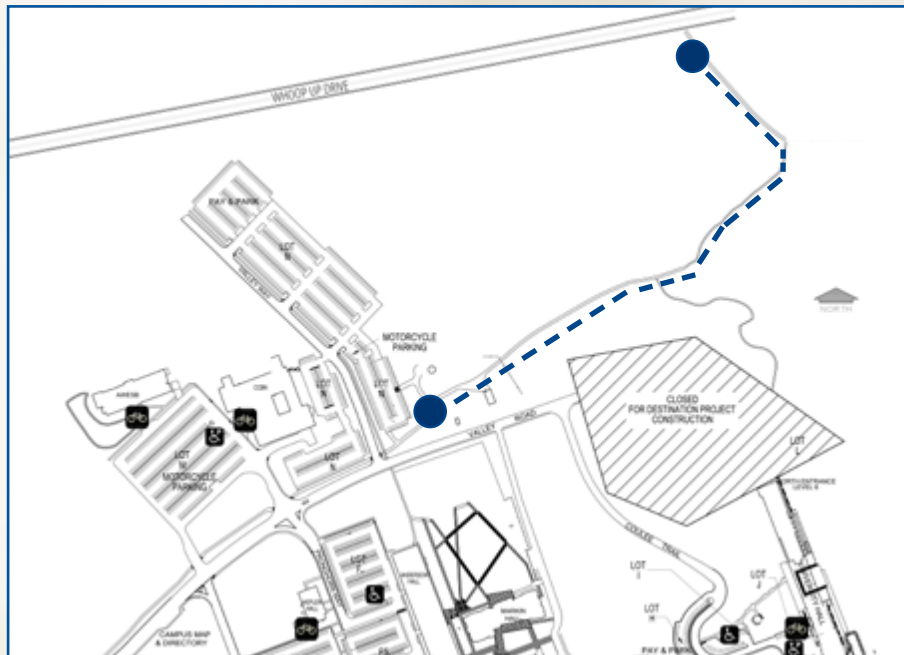


OUTDOOR ROUTE

COULEE TRAIL TO WHOOOP UP DRIVE LOOP 2.5 KM

Starting at the trail entrance located at the intersection in front of Parking Lot N near the CCBN building, this challenging trail starts with a steep descent down into the coulee.

Stop and turn around at the tunnel entrance and get ready to work those legs to get back up the hill. This short loop is approximately 2.5 km and anything but easy. A great way to get your heart pumping and strengthen your legs.



OUTDOOR ROUTE

Parking Lot Distances

Ever wonder how far you walk each day to school or work?

Check out the map below to see just how far it is from the parking lots to your destination.

Distance in kilometers	University Hall Entrance	Library Entrance	1st Choice Savings Centre Entrance
Lot N	0.7	0.5	0.3
Lot M	1.0	0.7	0.4
Lot E	0.5	0.3	0.1

