

WALKING ON CAMPUS



Looking for some new walking routes?

There are many places that you can walk right here on UVU's campus. Here are a few examples you will want to try:

Outdoor Footpaths

The Waterfall Loop

- Stroll outside on level 2 around UVU's very own waterfall.
- Starting at the Student Center, walk south east toward the Losee Center.
- Turn right, past the stairs and toward the Woodbury Business Building.
- Continuing in a circular pattern, travel past the Browning Administration Building, the Environmental Technology Building and the Pope Science Building until you get back to the Student Center.
- Travel this ring four times to cover a distance of one mile.

The Upper Campus Way

- Start outside at the bottom of the stairs between the Losee Center and the Sparks Automotive Building.
- Going east, travel up the stairs until you reach the Airplane Square.
- Turn right (to the south) and follow the sidewalk between the Gunther Technology Building and Parking Lot G.
- When you reach the Faculty Annex, turn right down the sidewalk and follow it around, cross College Drive and head toward the Advancement Building.
- Follow the sidewalk around the north side of the Advancement Building until you reach 1200 south.
- Turn right onto 1200 S. and walk down the hill (going west) toward the Sinclair gas station.
- Cross College Drive again (now going north) and take the sidewalk along the rock stream until you reach your starting point. This walk is 1.5 miles in length.

The Gunther Technology Track

- Starting on the sidewalk between the Losee Center and the Spark Automotive Building on level 2, circle around the Spark Automotive Building by walking south along the rock stream.
- When you reach the hill on the south side of the building, walk up the stairs and head north when you reach the sidewalk.
- Continue along the tree-lined passageway between the Gunther Technology Buildings until you reach the Computer Science Building.
- Facing west, walk down the stairs until you reach your starting point for a walk of just under one mile.

The Liberal Arts Loop

- Begin outside next to the east entrance of the PE Building (entrance to the gym) and journey north toward the Digital Learning Center.
- Using the doors that separate the PE Building and the Liberal Arts Building, go through the building and back outside again towards the McKay Center.
- Follow the sidewalk to your left (going south) so you are now walking between the PE Building and the McKay Center.
- Continue going south until your reach the fountains.
- Take the grass and walk along the east side of the small fountain.
- Round the Browning Administration Building and climb the stairs outside the Woodbury Business Building (just past the doors to the Browning Administration Building).
- Once you are on level 2, follow the patio lining the Browning Administration Building, Environmental Technology Building, Pope Science Building, Student Center, Losee Center, and the Woodbury Business Building. (This path circles the waterfall on level 1).
- Circle around two times and then proceed down the stairs between the Pope Science Building and the Student Center to get back to where you began. This route is approximately one mile.

The College Run

- Are you looking for a more invigorating trek through campus? Hike all the way around College Drive and catch a glimpse of the stone deer for a total distance of 2 miles.

Want even more options?

If it's too cold to walk outside, the connected hallways around campus make perfect walking trails. Here are a few examples you will want to try:

Indoor Footpaths

Wolverine Mile

This path is marked by plaques around campus. They are numbered so you can make sure that you are following the path correctly. You can begin at any number and end at any number. If you want to start from the first plaque, then take the following route:

- Beginning at the Grand Ballroom, walk past the Bookstore, the food court, and the computer lab until you hit the stairs to the Losee Center.
- Go up all three flights of stairs (*this will get your legs burning*) to the 4th floor.
- When you reach the top of the stairs to the 4th floor, turn right and go down the main hallway towards the Computer Science Building.
- When you get to the Computer Science Building, go up two more flights of stairs until you reach the 6th floor.
- Go down this hallway and into the Gunther Technology Building.
- Then, go down three flights of stairs (*HORRAY!*) and when you reach the bottom of the stairs, you will go towards the Spark Automotive Building.
- Travel down the main hall until you reach another set of stairs.
- Go down two more flights of stairs and turn right at the bottom and head toward the Woodbury Business Building.
- Keep heading down this hallway and then through the Hall of Flags.
- Veer left to the PE hallway (passing the Pope Science Building) and keep going straight until you reach the Liberal Arts Building.
- Go down the Liberal Arts hallway until you reach the Digital Learning Center.
- Now turn around and go back down the Liberal Arts Building and through the PE hallway until you reach the Hall of Flags again.
- Turn left (don't go down the Hall of Flags) towards the Bookstore and head back to your starting point in the Grand Ballroom for a total of just over a mile.

The Indoor Track

- Walk around the activity center track in the PE Building 8 times and you have walked the equivalent of 1 mile or 2,000 steps.

The Campus Square

- Ever noticed that the hall of flags, business hallway, and student center hallway all seem to make a perfect square around campus. Well, if you walk around that square 4 times, you will have walked 1 mile.

The Gunther Technology Circle

- Start from the business building and walk all the way up to the 6th floor of the Gunther Technology Building and then into the Computer Science Building.
- From there, head back down 2 flights of stairs to the 4th floor of the Computer Science Building.
- Then head down the hall to the Losee Center and all the way down the Losee Center stairs to the 1st floor.
- Finish by going back to the business building. If you complete this loop 2 times, you have walked a little over 1 mile.

The PE Hallway Stroll

- Start from the Pope Science Building and walk down the PE Hallway to the McKay Events Center.
- Then walk back to the Pope Science building. Take this hallway stroll 3 times to equal 1 mile.

Incorporate Walking into Your Daily Activities!

Whether you are a student or an employee, you will definitely benefit from taking a few short walks during your day. Try walking around campus between classes or on your lunch break. You can use this time to refocus and re-energize for your daily activities. Not only will you increase your physical activity, but you will feel better as well. Give it a try today! Your body will thank you for it.