

# WELLNESS ROUTES

## Get your steps at UFV

Increase your daily activity and meet your personal health goals by exploring 6 wellness walking routes on the Abbotsford campus.

Distances are colour coded and measured in kilometers.

**8 km = 5 miles = 10,000 steps**

#UFVGetsSteps

Send us your feedback at [campusrec@ufv.ca](mailto:campusrec@ufv.ca)

[ufv.ca/get-your-steps](http://ufv.ca/get-your-steps)



## LEGEND

- ◆ Library loop..... 0.8 km
- ◆ Go green loop.....1.28 km
- ◆ Cascades loop.....1.87 km
- ◆ Ring road loop ..... 2.56 km
- ◆ Baker view loop ..... 3.26 km
- ◆ Border loop ..... 5.68 km
- ★ *Map locations*
- *You are here!*

## SECURITY SERVICES

Emergency: Call 9-1-1

First Aid: 1-855-282-7770

Security: 1-855-239-7654

