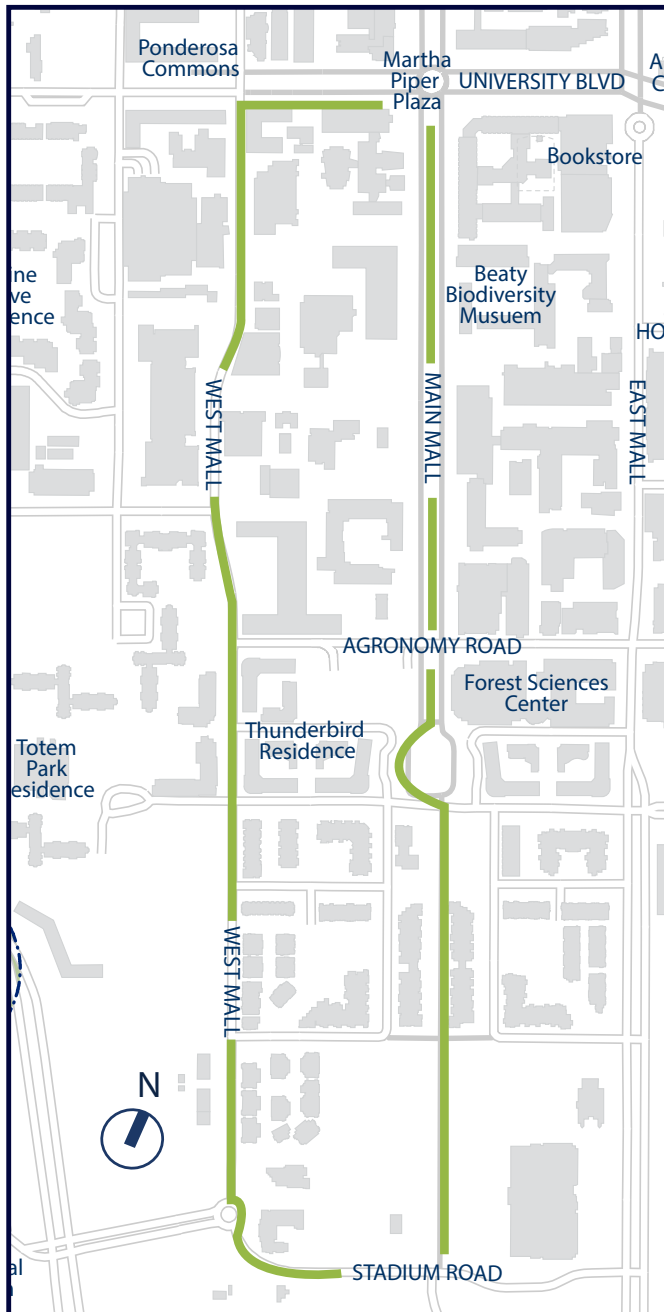


MAIN MALL TRAIL



Base map supplied by UBC Campus + Community Planning
Created November 2016

ubc wellbeing

Start/Meet at Martha Piper Plaza. Walk SE down Main Mall. When you hit Stadium Rd along Main Mall greenway, turn right. Then take another right at West Mall and finally right at University Blvd to return to Martha Piper Plaza.

 30 minutes

 Easy

 None

 None

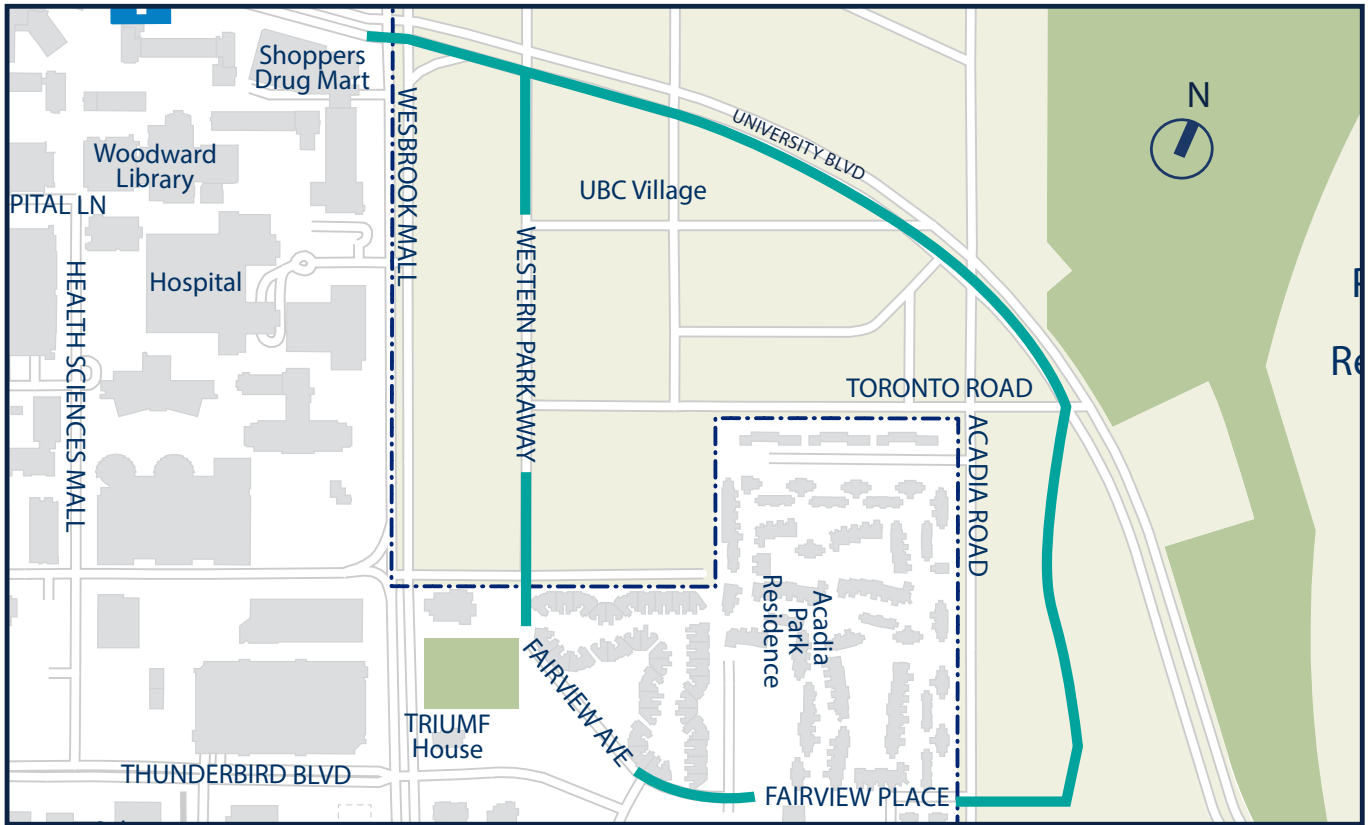
 Wheelchair and stroller accessible

 2.7 km

 3500 steps

 None








SWORD FERN TRAIL



Base map supplied by UBC Campus + Community Planning
Created November 2016

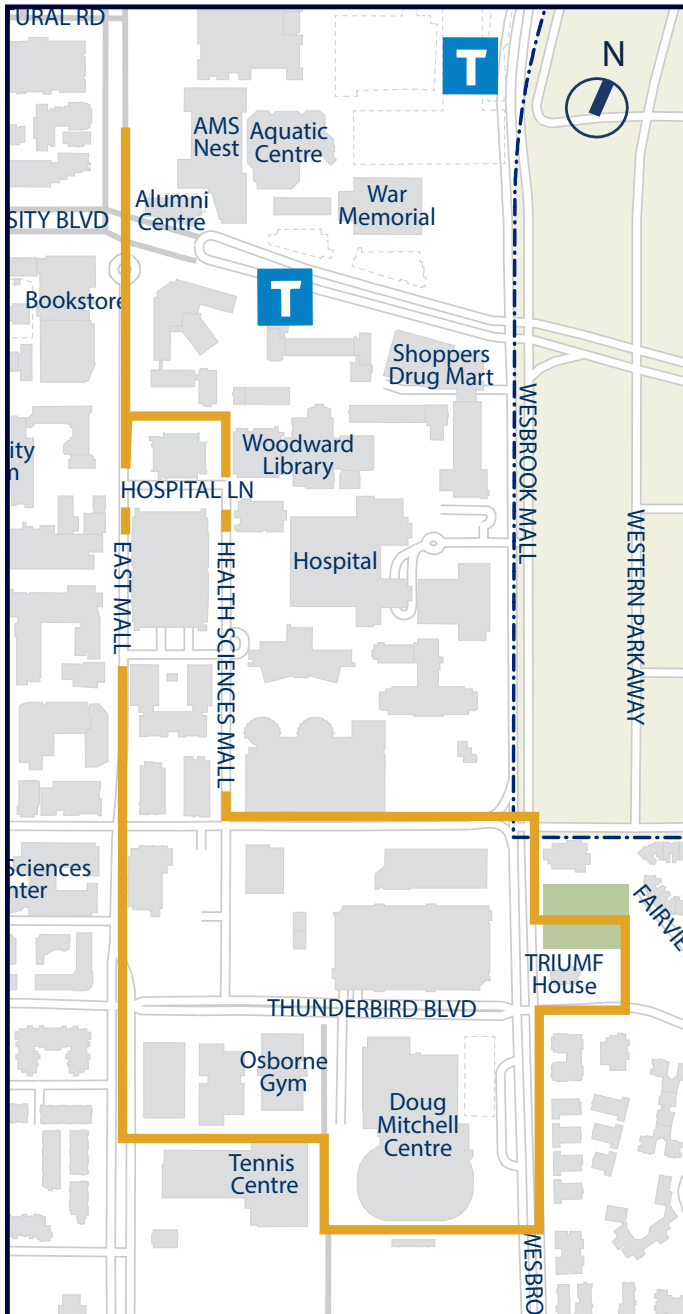
ubc wellbeing

Start at Shoppers Drug Mart at the corner of University Blvd and Wesbrook Mall. Continue NE on University Blvd and the Sword Fern Trail entrance will be at the corner of University Blvd and Toronto Rd on the right. Keep going straight at the first divide you encounter until you approach a fork that splits into three. Turn right at the fork (towards the street) onto Fairview Trail and continue going straight: trail will turn into Fairview Place and eventually Fairview Avenue. Keep right onto Western Parkway and make a left on University Blvd again to return to Shoppers Drug Mart.

-  30 minutes
-  Moderate
-  Muddy trail. Parts of trail are in Pacific Spirit Park, so bring a friend
-  Athletic or casual shoes, rain gear recommended on wet days
-  Wheelchair and stroller accessible, but parts of trail may be muddy
-  2.2 km
-  3100 steps
-  None



THUNDERBIRD TRAIL



Base map supplied by UBC Campus + Community Planning
Created November 2016

ubc wellbeing

Start outside The AMS Nest/Alumni Centre (East Mall/University Blvd) and head SE on East Mall. Cross Thunderbird Blvd and take a left between Osborne Center and UBC Tennis center. Then take a right before Thunderbird Arena, and left on the first path you see. Continue straight, cross the street and turn left at Wesbrook Mall. Turn right on Thunderbird Boulevard then make a left after TRIUMF house. Walk through the forested area to get back out onto Wesbrook Mall. Make a left on Agronomy Rd, right on Health Sciences Mall, left on Hospital Ln, and finally, right on East Mall to return to Nest/Alumni Centre.

 30 minutes

 Easy

 None

 None

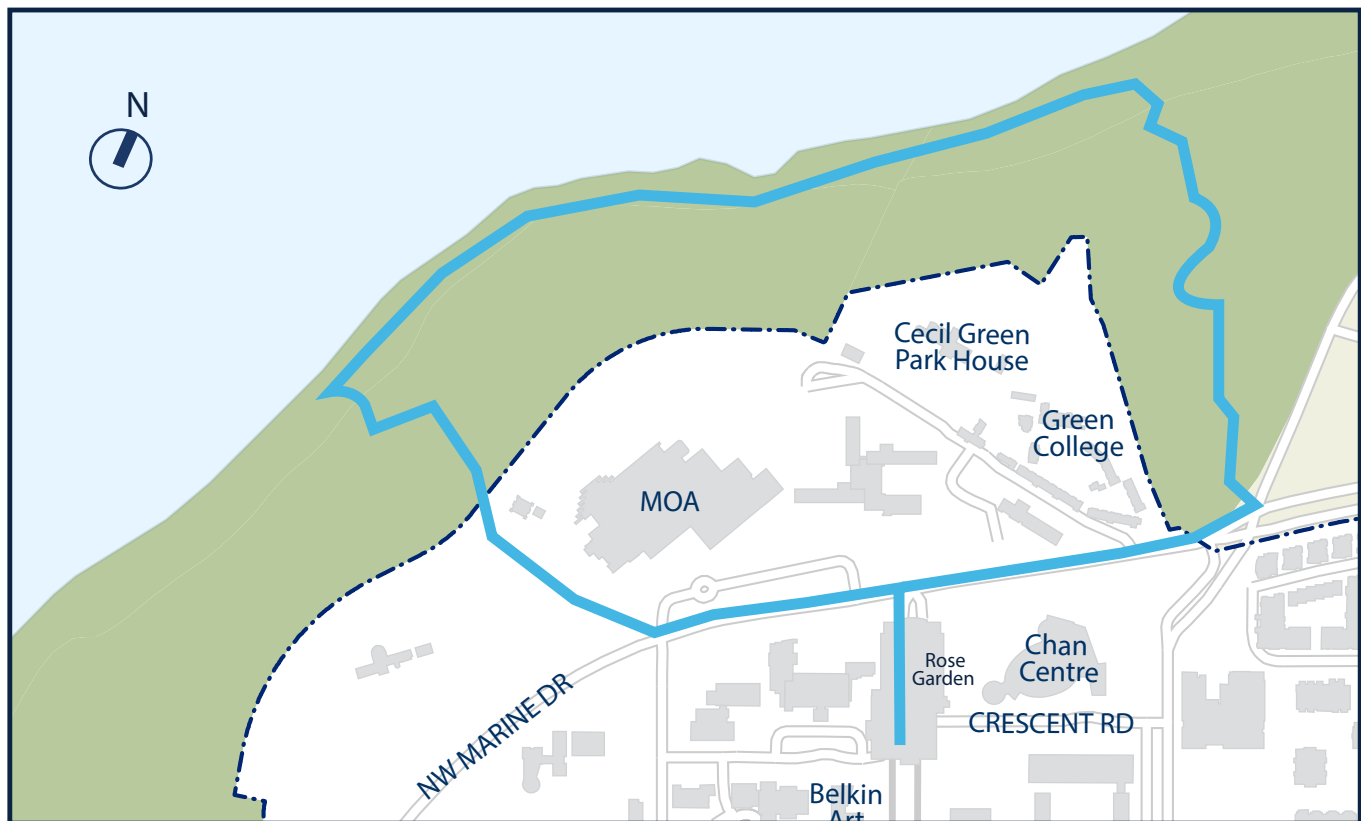
 Wheelchair and stroller accessible

 2.8 km

 3900 steps

 None

TOWER BEACH TRAIL



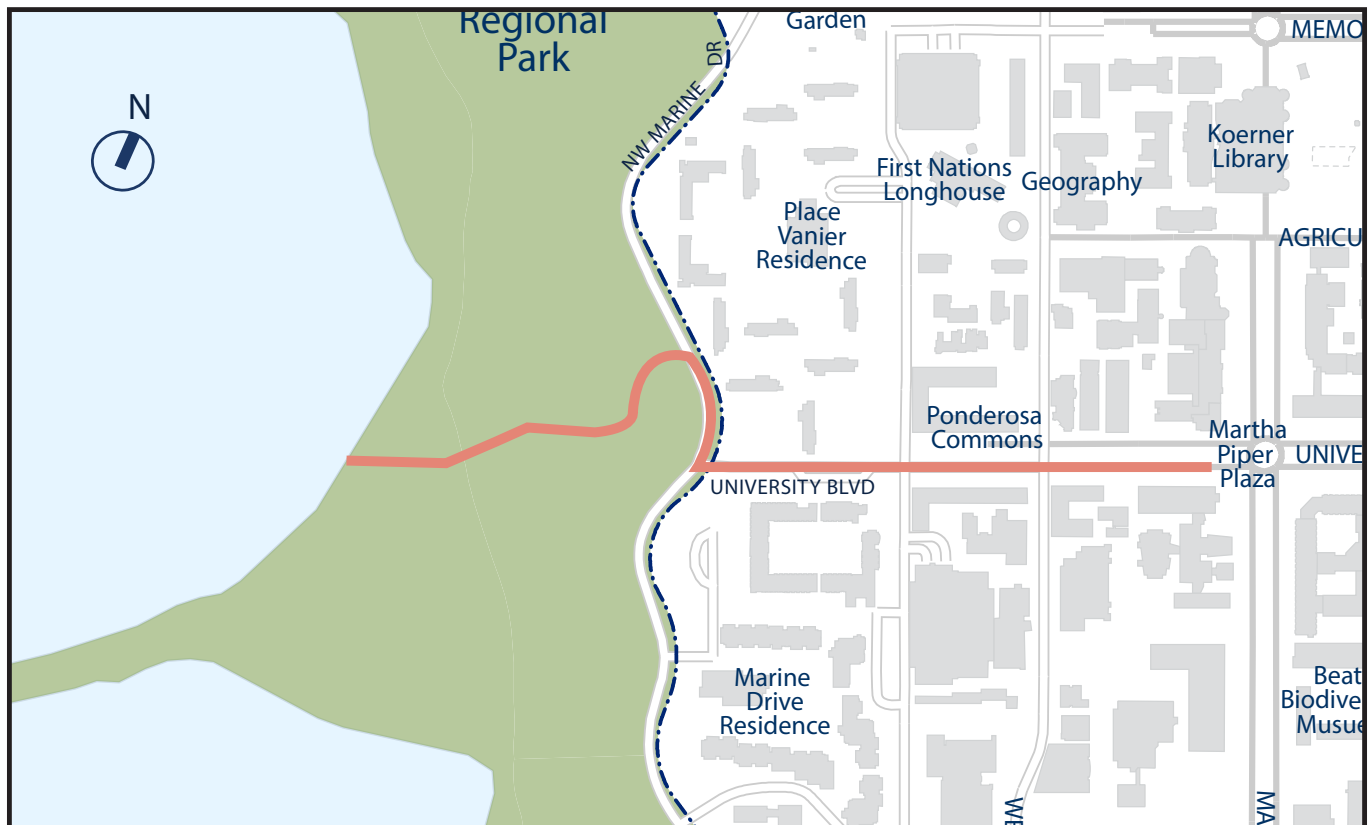
Base map supplied by UBC Campus + Community Planning
Created November 2016

ubc wellbeing

First meet at the flagpole then descend down the stairs at Rose Garden. Cross and turn right on NW Marine Drive. Keep on NW Marine Drive and the Trail 3 entrance will be on your left approaching the intersection. Follow the stairs until you hit the beach and there will be a path on your left. Follow the path on your left along the beach- there will be many rocks, fallen tree stumps so please exercise caution. Keep going until you see a staircase (Trail 4) on the left which you will take back up. Walk behind Museum of Anthropology back out to NW Marine Drive where you will take a left, then right again at the stairs to head back to rose garden.

-  30 minutes (brisk) 45 mins (relaxed)
-  Challenging
-  Slippery rocks, fallen tree stumps and uneven terrain.
-  Athletic or casual shoes, no business casual shoes
-  No wheelchairs or strollers
-  2.4 km
-  4100 steps
-  Trail 3 (descending): 394 stair steps
Trail 4 (ascending): 410 stair steps

WRECK BEACH TRAIL



Base map supplied by UBC Campus + Community Planning
Created November 2016

ubc wellbeing

Starting at Martha Piper Plaza, go West on University Boulevard. Make a right on NW Marine Drive and the trail leading to Wreck Beach begins at the left in the clearance area (you will see outhouses). Descend down the stairs and enjoy the views. Come back up and take the same route back (right on NW Marine Drive, left at University Boulevard).

-  30 - 45 minutes, depends on length of break taken at Wreck Beach
-  Hard
-  None
-  Athletic or casual shoes
-  No wheelchairs or strollers
-  1.1 km
-  2500 steps
-  490 stair steps