

Walking at UBC



For more information visit www.hr.ubc.ca/health

According to WalkBC “Walking is a simple way to improve overall wellbeing and reduce the chances of developing the health concerns associated with inactivity”. Walking is also free and can be done almost anywhere – so why not at UBC? Below are a list of active walking groups and walking related activities at UBC’s Point Grey Campus. All groups and activities welcome newcomers and participants of all abilities.

9th Annual Walkabout

Walkabout is an annual 9-week health and wellness challenge that promotes regular exercise in social settings. Staff, faculty, students and community members create teams of five and compete to cover the distance of a new virtual route each year – everyone is welcome to join the challenge. Registration is \$10.

Walk and Talk Club: 10am Every Monday

This club is for people who would like to meet new friends and get active! Throughout the season the group will explore the entire UBC Campus and nearby Pacific Spirit Park with a different walk each week. Walks will occur rain or shine.

Wreck Beach Wednesdays: 12:30 pm every Wednesday

Each Wednesday the staff of the Department of Educational and Counselling Psychology and Special Education (ECPS) go up and down the Wreck Beach steps twice and gladly welcomes others from around the campus.

Free UBC Walking Art Tour Guides

The outdoor artworks at UBC are a source of aesthetic pleasure, commemorate histories and events, and introduce new ideas and possibilities into the campus environment. The new UBC Outdoor Art Tour features twenty-six sites including works from the University Art Collection, objects of interest, and artwork that has been commissioned or donated to specific departments and faculties. Experience the campus in a different way.

Too busy to get out of the office? Try a Walking Meeting

Walking meetings are becoming more popular as they allow work and productivity to continue while promoting healthy behaviours. Take advantage of the beautiful natural environment and become healthier and more productive in the process.

UBC Sustainability – Green Building Walking Tours

These popular guided tours are free and customized for groups on campus. Each one-hour tour takes participants through the interior spaces of sustainable buildings at UBC to reveal the stories behind its green features and operating systems.

Self-Guided Walking Tours of UTown@UBC

UBC Campus and Community Planning offers four self-guided walking tours of UBC's different neighborhoods, each focusing on a different region of campus and highlighting attractions, housing and community amenities in UTown@UBC, UBC's vibrant residential community. The maps and brochures are available through the Campus & Community Planning website.

Pacific Spirit Park – Printable Trail Map

Are you interested in the many walking trails within Pacific Spirit Park at UBC's Point Grey Campus?

UBC Botanical and Nitobe Gardens

UBC Staff, Faculty and Students have free admission to the UBC Botanical Gardens and the Nitobe Memorial Gardens with a valid UBCCard.

If you any suggestions, or have a walking group at any UBC location and welcome newcomers please email colin.hearne@ubc.ca.

For more information visit www.hr.ubc.ca/health