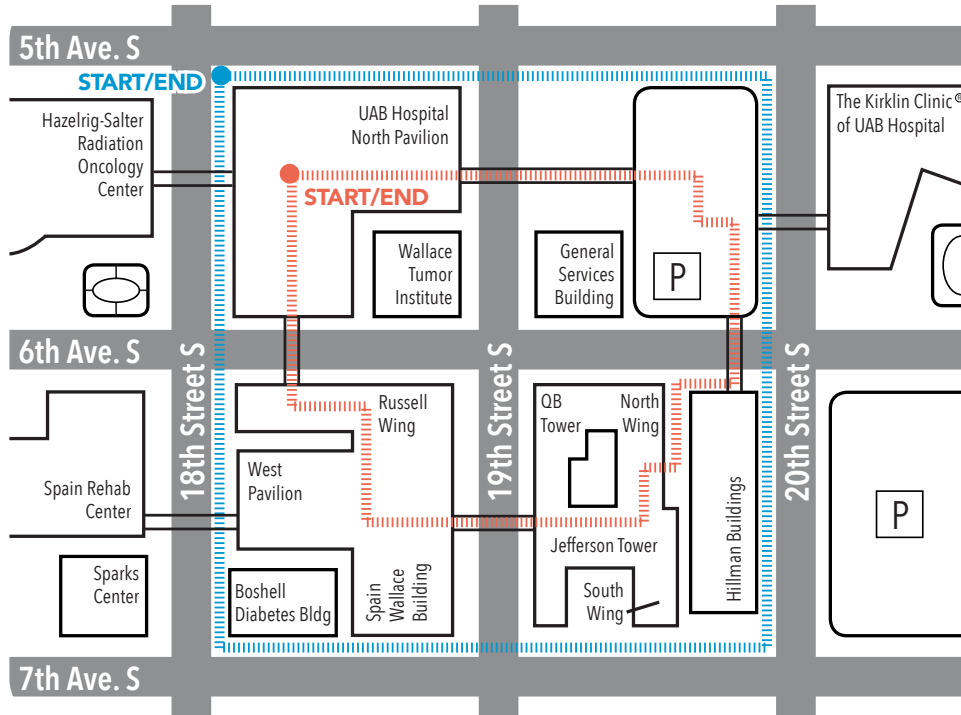


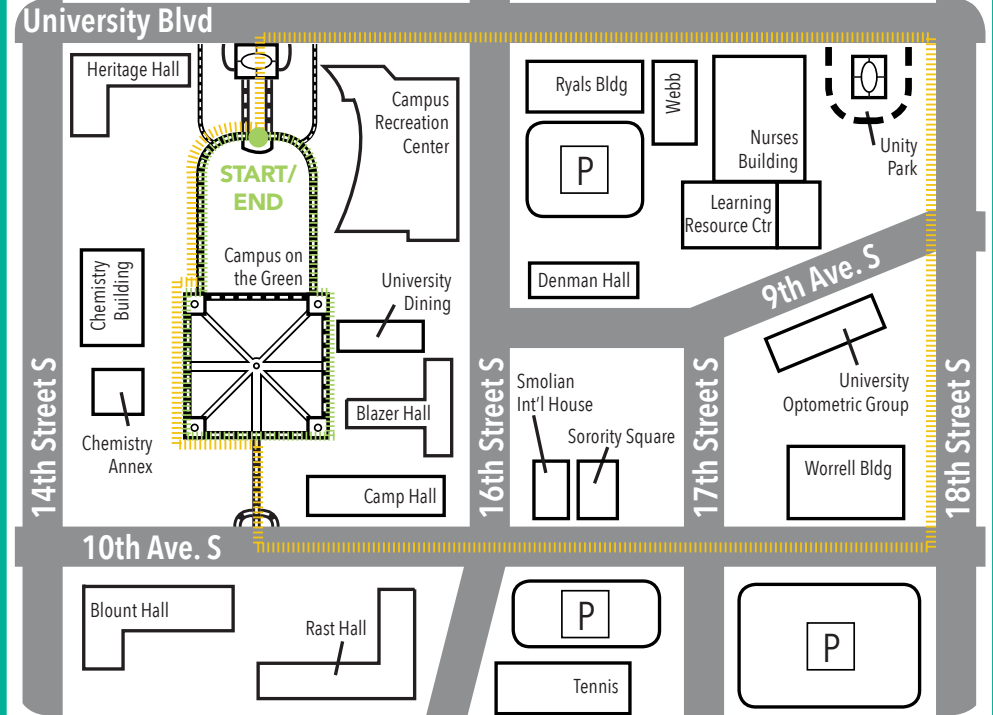
UAB WALKING TRAILS

UAB MEDICINE TRAILS



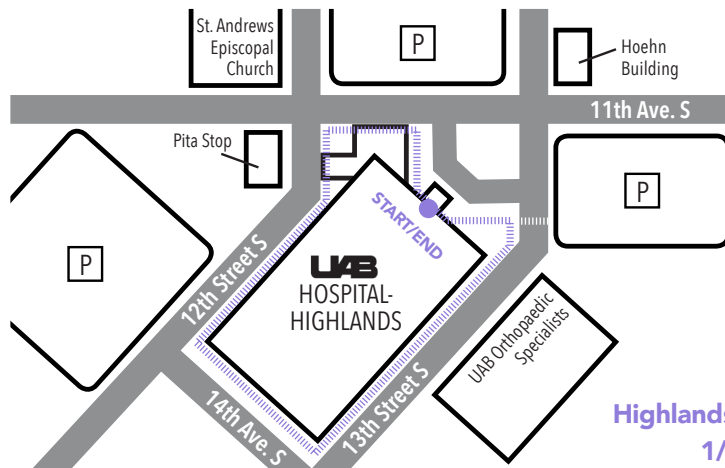
UAB Medicine Indoor: 5 laps = 2 miles | UAB Medicine Outdoor: 1/2 mile

UAB ACADEMIC TRAILS



Campus Green Trail: 1/3 mile | Blazer Trail: 1 mile

HIGHLANDS TRAIL



Highlands Trail: 1/2 mile

AVONDALE TRAIL

The UAB Avondale campus features an outdoor route around the facility. Four laps around the Avondale Trail equals approximately one mile.

Avondale Trail: 1/4 mile



UAB EMPLOYEE WELLNESS

UAB.EDU/WALK