Campus Recreation
Sport Facilities, Jogging and Hiking
Website: campusrec.uwo.ca

Jogging Trails
Start & finish at the UCC
Loop 1 - 3.75 km or 2.34 miles
Loop 2 - 5.5 km or 3.43 miles
Loop 3 - 6.2 km or 3.87 miles

Emergency Phones
Hiking Trail - Loose Surface or Woodland Pathway
Wooded Area

Free Weekend Parking (Fri. 5pm to Sun. evening)

Walking Time: 3-4 Minutes
250 Metres
4 km
6.2 km
2 km
3.75 km or 2.34 miles
5.5 km or 3.43 miles
6.2 km or 3.87 miles

EXERCISE WITH A BUDDY!
NOTE: Some sections of the trail go through isolated and/or heavily wooded areas of the campus. You should NOT go through these sections alone or after dark.