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

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

HIGHLANDS TRAIL

- Highlands Trail: 1/2 mile