

UBC Social Ecological Economic Development Studies (SEEDS) Student Report

30 Minute Walking Routes in Nature

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Description of the Project:

UBC is working towards becoming a health promoting university by embedding wellbeing into all aspects of campus culture while leading health promotions and collaboration globally and locally. Promoting physical activity and reducing sedentary behaviour is now a priority for UBC and there's no better way to start than by going on walks around our beautiful Vancouver campus. We are lucky to be situated in the Pacific Northwest, with lush rainforests at the tips of our fingers. Here on campus, there are endless opportunities to get back into nature and we are hoping to provide inspiration for those seeking to get up, get moving, and explore the campus we all love.

For this pilot project, in conjunction with the David Suzuki Foundation's 30 x 30 challenge, we created a series of 30 minute walks that students, staff, faculty, and the community can tackle to encourage a more active lifestyle. They vary in difficulty and we know that there is a walk out there for everyone!

Methodology:

After meeting with our community partner, we were inspired to search for a combination of easy, challenging, and accessible walking routes on campus. We came up with 5 ideas of trails that we wanted to route, but in order for us to gather data, we would need to walk these routes ourselves. Through the use of MapMyWalk, we walked each of the routes tracking time, distance, steps, stairs, safety, and difficulty. This allowed us to complete the first few steps of the geospatial data pipeline: acquire, parse, filter and mine.

After gathering and classifying our data, we first went into GIS to start representing our data. Using UBC's github account, and the UBC routes file, we were able to create separate layers in GIS for each of the 5 routes (Tower Beach Trail, Sword Fern Trail, Wreck Beach Trail, Main Mall Trail, and Thunderbird Trail). We updated the attribute table for the layers that we created to include the trail name, difficulty, footwear required, wheelchair accessibility, and other safety concerns. While this created very technically specific layers, we chose to create a more user friendly map using Adobe Illustrator and InDesign to refine our data.

We chose to record our variables using icons, all the while creating one large map containing the 5 routes, along with individual route maps with more detailed explanations. We acquired a base map of UBC from Campus and Community Planning and using Adobe Illustrator, deleted some of the unnecessary information - for example, names of parking lots and labelled landmarks we thought that would aid the user in orienting themselves. We then used Adobe InDesign to create the pages for individual trails and to add additional components to the map such as branding and legend.

We decided that we would present our information in the form of a blog and decided to use Wordpress. Once we were happy with our product, we updated the blog page that we created with all of our maps, including a brief description of each route. We also included downloadable PDFS for those who may want to either view the information offline or for those who prefer to print out the pages (although given the nature of our degree, is not recommended).

Limitations:

As with any technical program, there is a learning curve and ArcGIS had a steep one. Unfortunately, neither of us has had much experience using ArcGIS. Acquiring the data was fairly easy, we simply had to walk the routes and record the data for the variables we created (stair count, difficulty, so on and so forth). Creating these routes as a layer within ArcGIS and embedding attribute tables proved to be slightly more challenging. Luckily, we were able to use UBC's great resources, while also consulting with Jose and Sally to successfully route and create these layers - through a lot of trial and error I may add.

A limitation with the walking routes themselves is that often the trails aren't clearly marked on campus - especially for the trail where we go through Pacific Spirit Park. For example, the start of trails are not clearly marked and trails would sometimes split into three and we made sure to make note of these while walking them. Another challenge we faced was determining how to accurately and clearly communicate the information we had to the user especially directions. We tried to offset that by including textual directions in each of the trail pages that we created to further guide the users.

Conclusion:

We had a great time exploring UBC Vancouver campus and creating this project. It was very exciting to venture through new unexplored areas as well as share trails that we both love with the UBC community. UBC places the utmost importance on sitting less and moving more in order to increase the wellbeing of our community and with so many trails varying length, scenery and degrees of difficulty available to us on a daily basis, there's no excuse to not get moving and be active. Walking is an activity that with a low barrier of access and we hope that through this project we can inspire student, staff, faculty and community members to try and make positive changes in their lives by getting out for that 30 minute walk and enjoying the beauty that our campus has to offer.

30 Minute Walking Routes in Nature

UBC VANCOUVER

This is a student led collaboration with faculty and staff in the SEEDS Sustainability Program






Pacific Spirit Regional Park

University Endowment Lands

Pacific Spirit Regional Park

Pacific Spirit Regional Park

Trails

-  Tower Beach Trail
-  Wreck Beach Trail
-  Main Mall Trail
-  Thunderbird Trail
-  Sword Fern Trail

 Transit Exchange

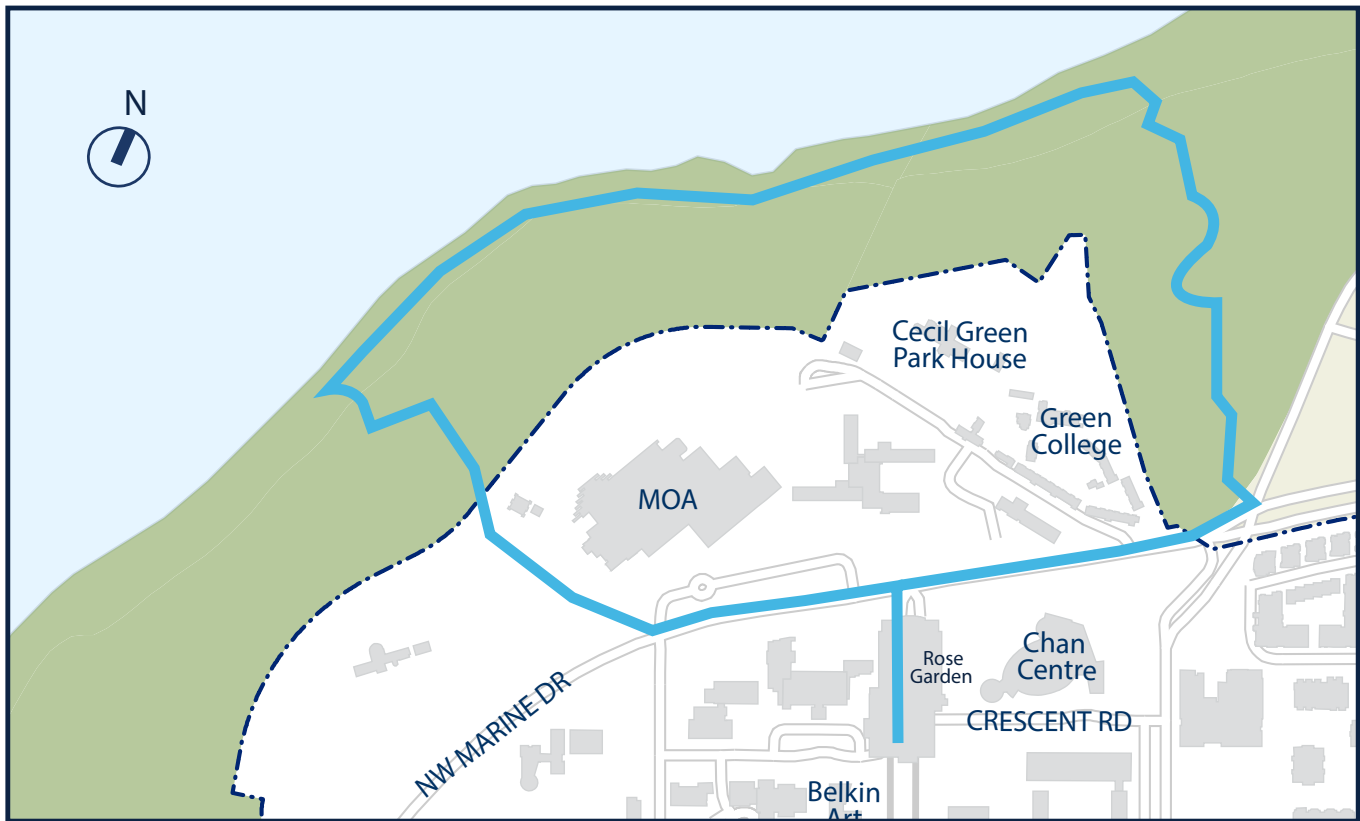
 UBC Campus Boundary

Created November 2016

Base map supplied by UBC Campus + Community Planning



TOWER BEACH TRAIL



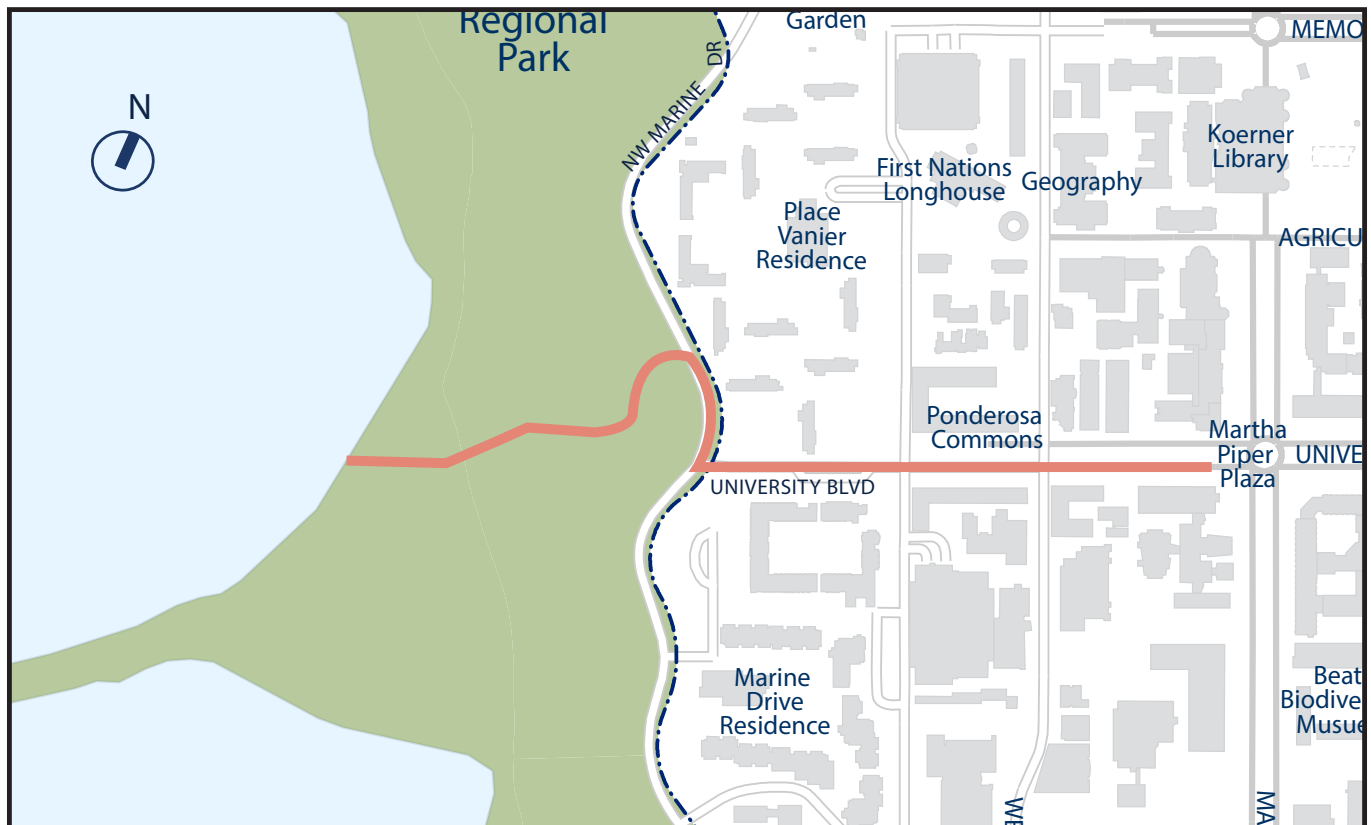
Base map supplied by UBC Campus + Community Planning
Created November 2016

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

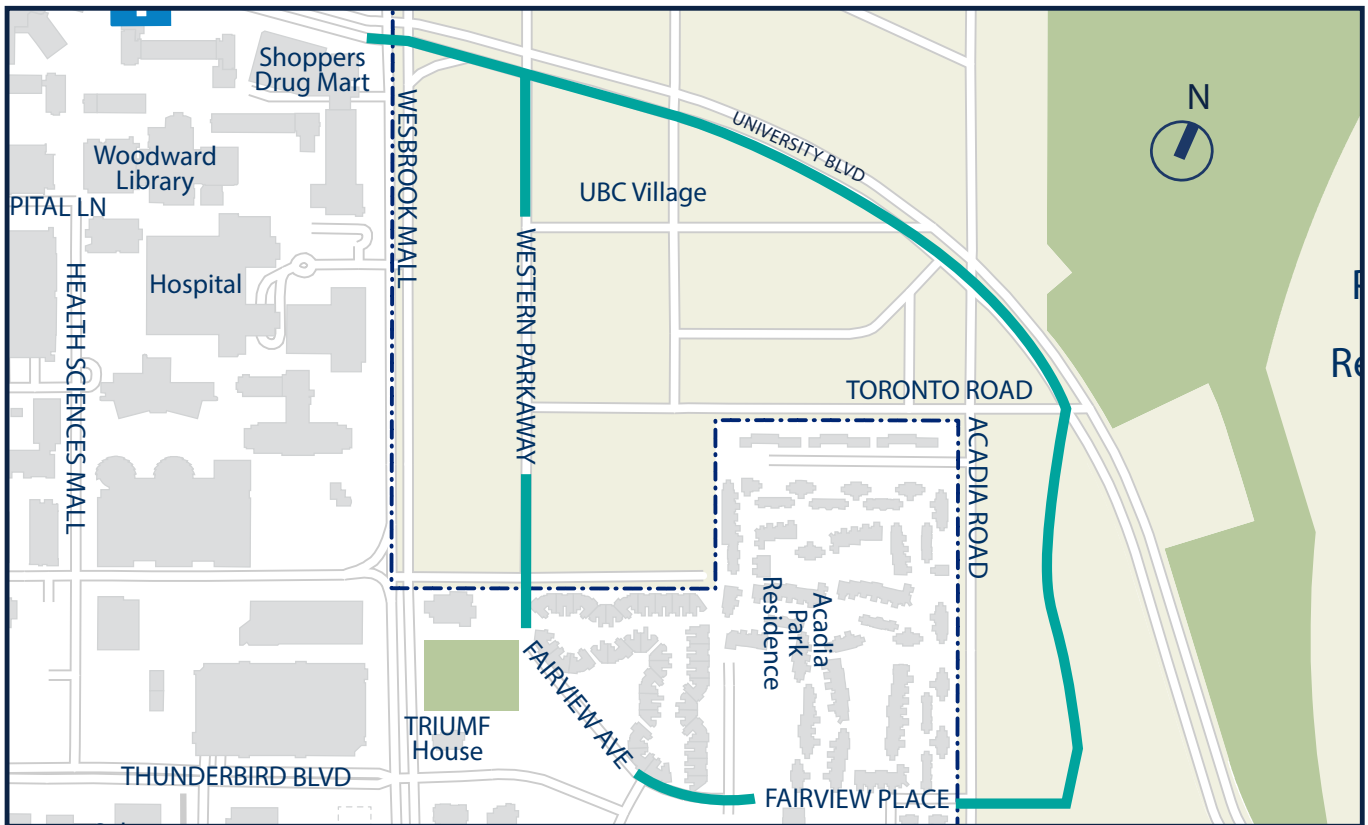
ubc wellbeing

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











SWORD FERN TRAIL



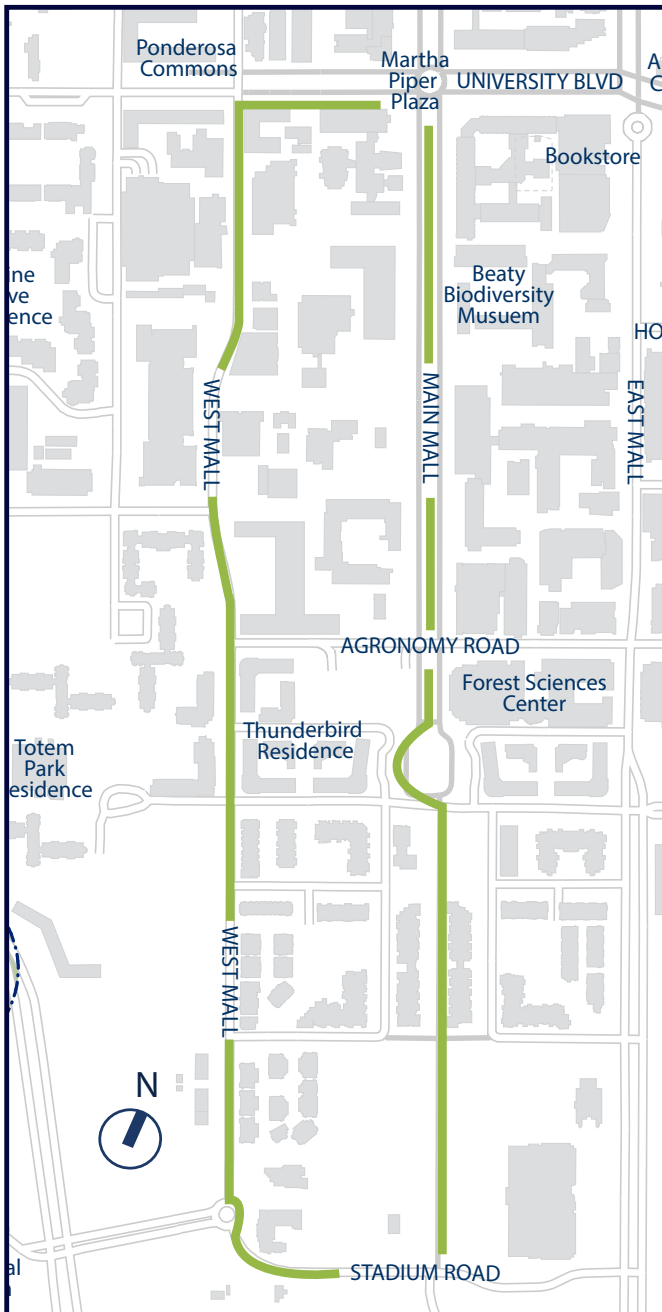
Base map supplied by UBC Campus + Community Planning
Created November 2016

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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

MAIN MALL TRAIL



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

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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

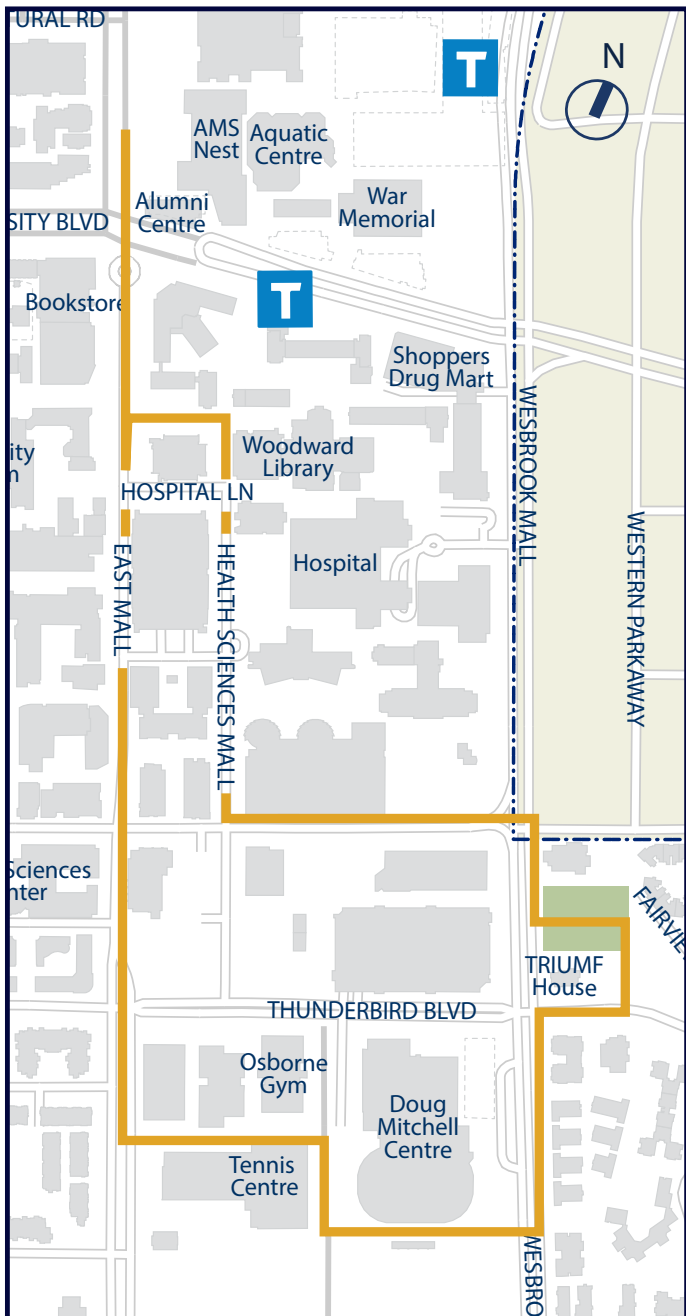
 Wheelchair and stroller accessible

 2.7 km

 3500 steps

 None

THUNDERBIRD TRAIL



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

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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