Welcome to The URBAN Trail!

The URBAN trail was created by and for USF students, faculty, staff, alumni, and community.

Why is it called the URBAN Trail?

Purpose of the URBAN Trail
To encourage finding your good news, increase mindfulness, and increase physical activity to improve your mind, body, and spirit (*Cura Personalis*).

“Good news is anything that you see, hear, or read that makes you feel good.”

- Hal Urban

Let’s begin by setting an intention to find our own good news...