



This map has been produced in partnership with Living Streets, the UK charity for everyday walking. Living Streets wants a nation where walking is the natural choice for local, everyday journeys on streets fit for walking.

Make a pledge to get walking more and start enjoying the benefits this simple act brings.

www.livingstreets.org.uk

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409. Registered office 4th Floor, Universal House, 88-94 Wentworth Street, London E1 7SA.

WALKING ROUTE 1

Woodland Walk 40 mins

At Durham University Science Park head towards Stockton Road and turn right. At the roundabout turn right again keeping to the footpath on the right.

Cross the road at the pedestrian refuge island and turn left at the guardrail, then right onto the public footpath. Continue forward along the path that lies at the outskirts of Maiden Castle Wood.

Once you reach the footbridge on your right, bare left and continue to follow the path. At Durham City Rugby ground on your left, turn left. Continue along this path until you reach Brooks House then turn left. At the end of the road take a sharp left onto Whinney Hill.

Continue until you reach the roundabout and cross the road at the pedestrian refuge island heading back towards Stockton Road and Durham University Science Park.

For a longer walk continue along Stockton Road and continue onto the River Walk route.



HEALTHIER

CHOOSE TO WALK

Walking doesn't just make people feel healthier, it has also been proven to reduce stress levels and make us feel happier. All of us should aim to do some kind of physical activity on a daily basis; ideally at least 150 minutes of moderate exercise each week, in sessions of at least 10 minutes.

A fantastic way to achieve this is by fitting more walking into and around your working day. Physical benefits of walking include:

- controlling blood sugar
- increased metabolism through burning calories
- increased cardiovascular conditioning
- muscle toning
- alleviating lower back pain

Walk your way to feeling happier, healthier and more productive at work.

HOLD A WALKING MEETING

Who said you had to sit around a table for a meeting?

In reality, the most creative moments take place outside the usual four walls. You'll get a change of scenery, boost your energy, get some fresh air and burn a few calories too.

Change up the usual format. Try getting out for a walking meeting and feel energised and inspired.

- Keep it to no more than four people
- Particularly useful for more creative tasks and forward planning
- Avoid busy roads that might make it difficult to hear
- Assign someone to take notes and circulate them after the meeting

Establish a 'walking meeting' culture

WALKING ROUTE 2

Riverside Walk 35 mins

From Durham University Science Park, head left towards South Road.

Continue onto Quarryheads Lane. Cross the road onto the footpath on your right and continue north for half a km.

HAPPIER



On your right, continue through the white gate and bare right down towards Prebends Bridge.

Cross over the bridge and turn right. Head down towards the river and bare left following the path.

At the Kingsgate Footbridge turn left up some steep steps towards Bow Lane and take a sharp right to cross the bridge.

Turn right onto Church Street. Continue forward on Church Street until you reach signalised crossings and turn left at the Whitechurch Free House.

Continue forward back towards Durham University Science Park.

GREEN & TRANQUIL SPACE

Walking outdoors has a positive effect on the brain and helps reduce stress, particularly when walking past trees and plants. Brisk walking is great for maintaining your mental health as it boosts the production of endorphins, which can reduce stress hormones and alleviate mild depression.

Our towns and cities are full of green and tranquil spaces, ranging from pocket parks or church gardens to large parks – and often you might not realise they are on your doorstep. This map includes some suggestions of green spaces near to your workplace.

Improve your mood and tackle stress by walking to tranquil spaces.

LUNCHTIME WALKS

You might not be able to regularly adapt your commute to fit in more exercise, but everyone needs to eat lunch, right? Rather than defaulting to the Purple Café or that sandwich shop 100m away, why not use your lunch break as a chance to go for a walk. You could make it more sociable by taking a colleague or meeting a friend. This map includes some areas with lunch options in a range of directions and distances.

You could even get adventurous on your lunch break and set up a Food Exclusion Zone, setting a minimum distance required to travel before you can buy your lunch.

Eat well, live well – walk more at lunchtime



YOUR LOCAL AREA

We want Durham University to keep feeling like a great place to work and study. We aim to create an environment where you feel healthy and well.

Staying active is a great way to look after your well-being and walking is a really simple way to help keep you moving whilst increasing your energy levels.

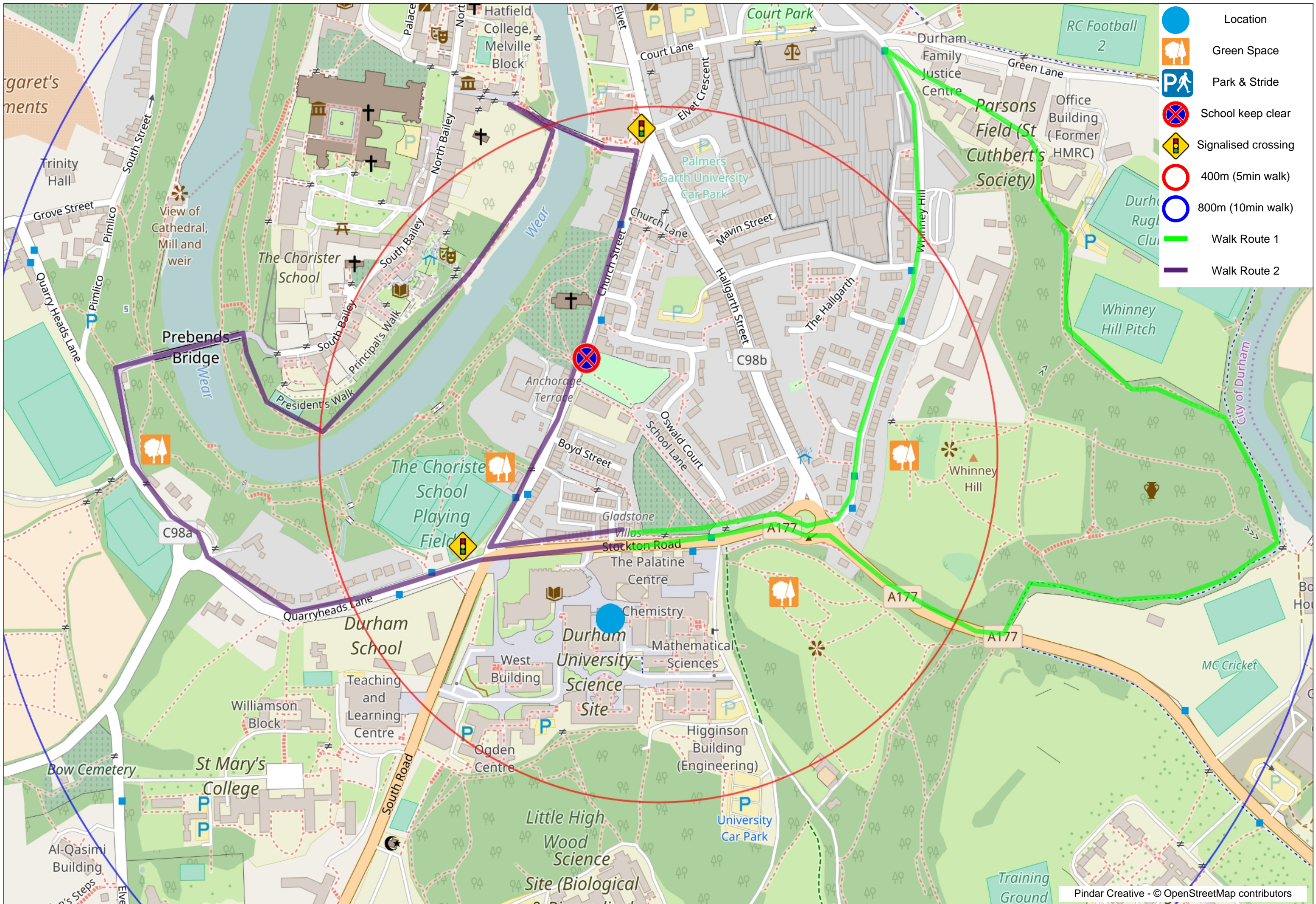
Durham University spreads across the city providing lots of opportunity to explore this historic area on foot. Durham University Science Park is central to university life. With the library close by; walking journeys are popular here.










The short walks outlined on this map aim to provide students and staff with walking routes that will help you to unwind over a lunchbreak, build daily exercise into your routine - all whilst taking advantage of the many green spaces that are dotted around the city.

So why not put on a pair of comfortable shoes and give one of these walks a go!

SHORT WALKS EVERY DAY HAVE THE POTENTIAL TO INCREASE PRODUCTIVITY BY UP TO 30%





-  Location
-  Green Space
-  Park & Stride
-  School keep clear
-  Signalised crossing
-  400m (5min walk)
-  800m (10min walk)
-  Walk Route 1
-  Walk Route 2