

Quarry Hill Campus walking map



WALKING ROUTE 1

Turn left out of Quarry Hill Campus, through the Playhouse Park.

Turn left onto Playhouse Square, continue straight up through the car park.

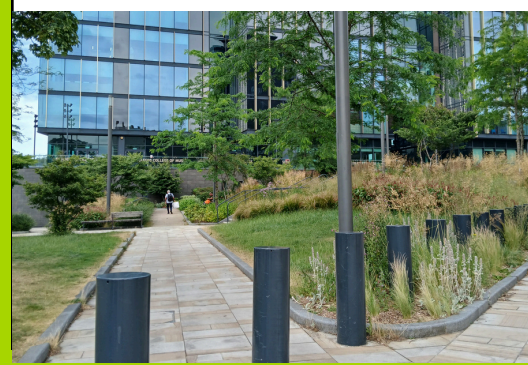
When you reach the junction, bear slight left onto Eastgate to cross at the crossing.



Use the crossings to pass under the overhead bridge onto Mabgate.

Turn right up St Mary's Road to explore the green space. Turn left back onto Mabgate, crossing back onto Eastgate under the overhead bridge.

Continue straight along Eastgate, turning right through the Playhouse Park to return to campus.



CHOOSE TO WALK

There are many benefits from taking part in regular physical activity outside, including:

- Improving your physical and mental health
- Enhancing your concentration and creativity
- Providing a sense of belonging and inclusion within your workplace
- And contributing to a healthier environment!

WALKING MEETING

When planning a work meeting, why not suggest going for a walk? Whether for a team meeting or a one to one, lots can be discussed on a walk – and walking can make you more creative, too! You'll get a change of scenery, fresh air, boost your energy and connect with your colleagues in a different way.

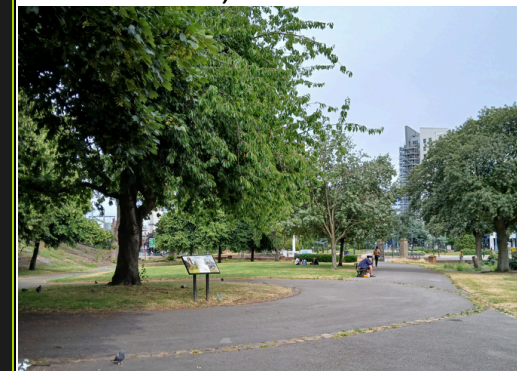
HAPPIER



WALKING ROUTE 2

Turn left out of campus, continue south on St Peter's Road. Cross onto York Street. Turn right on York Street, continue turning left down the ginnel under the railway bridge.

Turn left to explore Penny Pocket Park (return to campus through the park and exit onto Duke Street).



Optional extra riverside walk

Turn right onto Kirkgate, bearing slight left onto High Court Road, then left onto Church Row, then right onto the Calls until you reach Centenary Bridge. Cross the bridge, turn left onto the river path. Continue down the river path until you reach the pedestrian bridge at White Rose Point. Cross over the river, turn left continuing down the river path and up the steps at the road bridge. Continue up Crown Point Road, bearing a slight left at East Street, cross the road and head straight down Duke Street. Cross back onto St Peter's Street to return to campus.

DAILY CHALLENGE

We should all aim to do some physical activity every day.

A brisk walk is a great way to get active. Benefits include:

- Controlling blood sugar
- Enhancing mood
- Improving cardiovascular health
- Increasing creativity
- Alleviating lower back pain



GREEN SPACES

Walking outdoors has a positive effect on the brain, particularly when surrounded by nature. Walking is great for maintaining positive mental health as it boosts the production of endorphins, which can reduce stress hormones and alleviate mild depression.

Look for the green and tranquil spaces around where you work, whether it's a park, local nature reserve or river walk.



“Wellbeing walks are much needed to decompress from daily stress”

- Walking Works participant

Quarry Hill Campus walking map

Key

-  Quarry Hill Campus
-  Active travel route
-  Public transport
-  Walking route 1
-  Walking route 2
-  Green space
-  Crossing point
-  Bench

Scan the QR code to access this map digitally

