

University Centre Leeds walking map



WALKING ROUTE 1

From Mabgate Campus entrance, turn left and walk towards a junction (50m).
Turn right and continue straight on Hope Road (100m).
Turn right on to Regent Street and cross at the lights on to Byron Street (100m).

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 ROUTE 2

From Mabgate Campus entrance, turn left. Continue straight on the left of the road (220m). Use the crossings to pass under an overhead bridge on to Eastgate. Take the path to the left, continuing on Mabgate (120m). Turn right and follow the steps down.

Turn right again and follow the road for 120m, returning to the crossing.

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

HEALTHIER

WALKING WORKS

JOIN US TO
CREATE A WORKPLACE
WALKING CULTURE

This map was produced by Living Streets, the UK charity for everyday walking. Living Streets wants a nation where walking is the natural choice for everyday local journeys.

Find out more about how you can enjoy the benefits of walking and wheeling:
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.

Continue straight until the end of Byron Street (260m).
Cross straight ahead at the traffic lights, turn right and then enter Lovell Park.
Keep to the path on the right at Lovell Park, following the path round until returning to the entrance.
Follow the same route back to the entrance of University Centre Leeds.

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.

Continue straight after the crossing (40m). Turn right and follow the route across a field connecting to a snicket. This will take you to Argyle Road. Turn left and right to return to Mabgate Campus.

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.

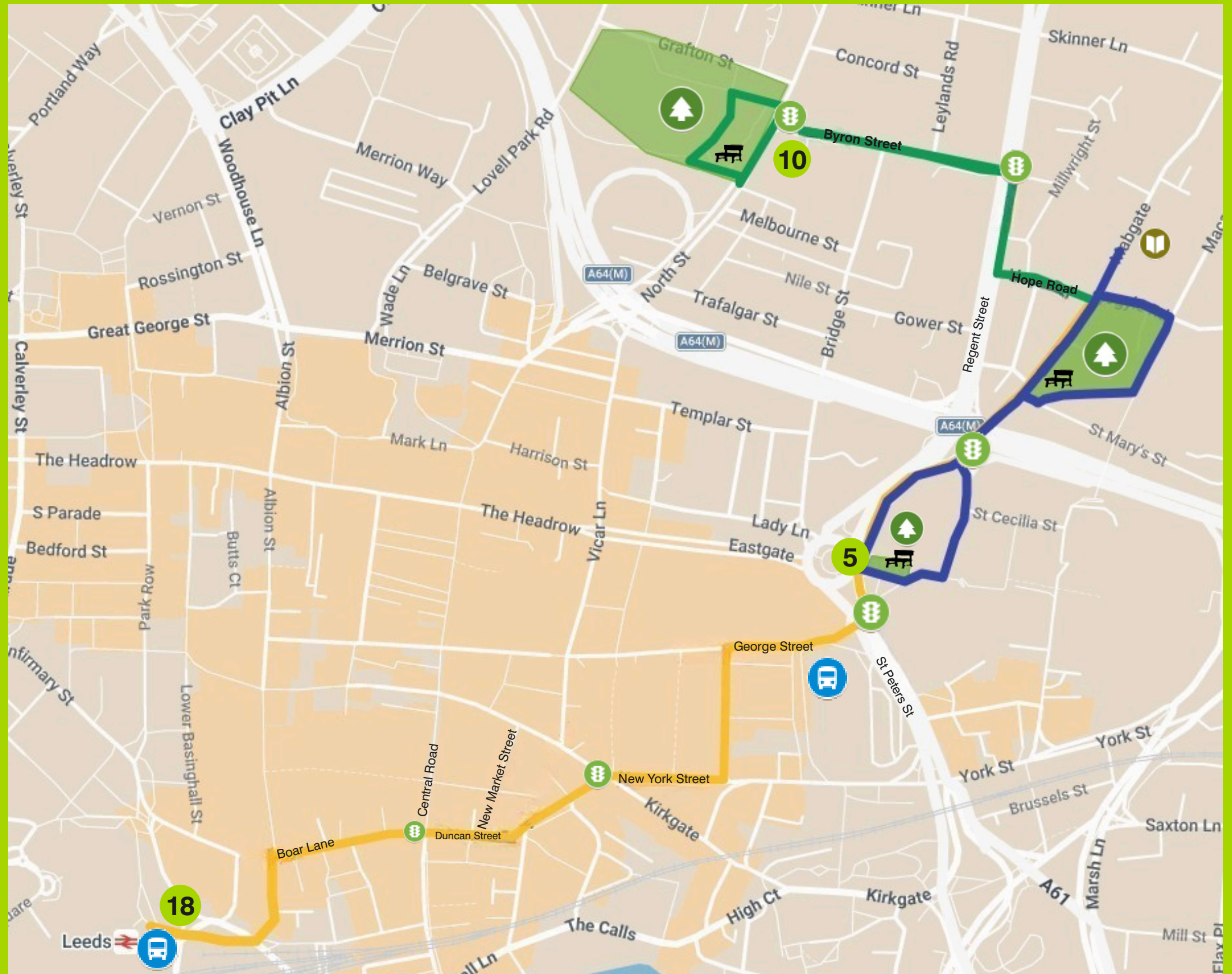
“Wellbeing walks are much needed to decompress from daily stress”
- Walking Works participant

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Key

-  Mabgate Campus
-  Active travel route
-  Walking route 1
-  Walking route 2
-  Green space
-  Public transport connection
-  Crossing point
-  Bench

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digitally



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