



UNIVERSITY OF  
**LEICESTER**

Sport and Active Life

# University Walks



# Why walk?

Walking is one of the healthiest activities that you can do for yourself.

Evidence says that regular walking can help you to improve your fitness, aid weight loss, keeping your joints and muscles mobile and supple and give you a more positive outlook. You can expect the following positive changes to your body by walking regularly;

- Reduced body fat – it burns calories
- Toned muscles in the lowerbody area (thighs, calves, hips, bottom)
- Strengthens your back
- Improved metabolism
- Improves mental health
- Better digestion
- Improved circulation
- Greater resilience to stress
- Less anxiety and depression
- Strengthening of bones and joints to become more mobile
- Improved sleep
- Fewer colds and other infections
- Improved cardiovascular fitness
- Improved posture

# Walking technique

## Warm up

Warm up your joints by gradually increasing your walking pace. Walk at a comfortable pace for a few minutes before you increase your speed to a brisk power walk.

## Stretch

Stretch out as and when needed, before and after your walk, primarily stretching your calves, thighs & hamstrings.

## Cool down

Gradually cool your muscles by decreasing your walk speed to an easy walking pace near the end of your walk.

## Fluids

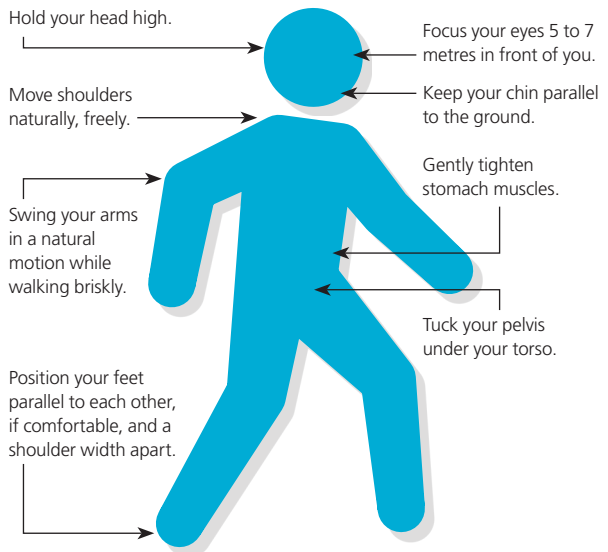
Carry a bottle of water - to keep hydrated.

## Clothing

Wear comfortable clothes appropriate to the weather. Wear comfortable shoes, preferably trainers.

## Personal safety

Do not walk alone (unless a popular route). When possible take a walking companion. Inform someone of your walking route & expected return time. Carry a mobile phone and identification, in case of emergency. Carry a personal alarm. Keep to busy, populated, well lit walking routes.



# Walking goals

## Health Maintenance

Maintaining your bodily health with regular physical activity and improving your mood, focus & motivation.

### Duration of walk & walking pace



Stroll



20-30 minutes



Most days of week

## Functional Fitness

Improve your flexibility – suppleness and mobility in your body. Your back, legs, bones & abdominals will be strengthened.

### Duration of walk & walking pace



Brisk Walk



20 minutes



2/3 times a week

## Cardiovascular Fitness

Improve your stamina – VO2 max. Improved heart & lungs & circulation function. Lowers risk of heart attack, high blood pressure & developing diabetes.

### Duration of walk & walking pace



Brisk Walk



20 minutes



3 times a week

## Weight Management

Aids reduction of your overall body fat because you are burning more calories than usual by increasing your activity rate when walking.

### Duration of walk & walking pace



Power Walk



30 minutes



As many days as possible

### Stroll

A comfortable strolling walk where you can hold a conversation easily as you walk.

### Brisk Walk

A quicker walking speed where you might feel a little sweaty & warm – due to increased blood flow around your body. Also you may feel a little out of breath – which is fine as long you can hold a conversation without gasping for air.

### Power Walk

A brisk walking speed where you might feel a little sweaty & warm – due to increased blood flow around your body. Also you may feel a little out of breath. You can power walk at a fast pace for short intervals during your walk.

# University Walk 1 – Victoria Park

- 1 Facing the clock at the front of the Charles Wilson (hereafter CW) turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park, past the black benches.
- 2 Cross Victoria Park to Victoria Park Road. Turn left, and walk to Mayfield Island roundabout.
- 3 Turn left & walk diagonally across the park on a path between a row of trees to Granville Road.
- 4 Turn left then walk along the boundary path between Victoria Park and the University, past De Montfort Hall on your right until you reach the top of Mayors Walk. Turn right past the black benches to access main campus and return to the CW.

**Distance** 1.5km / 1500 Steps

**Time** 15 mins approx



## University Walk 2 – Queens Road Circuit

- 1 Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park.
- 2 Cross Victoria Park to Victoria Park Road. Using the pelican crossing, cross Victoria Park Road and walk down Queens Road.
- 3 Turn right onto Clarendon Park Road and walk down the hill until you meet Welford Road.
- 4 Turn right onto Welford Road and walk to University Road. Turn Right.
- 5 Enter main campus via Gate No 1, turn first left past the Fielding Johnson Building until you are back at the CW.

**Distance** 2.5km / 2500 Steps

**Time** 25 mins approx



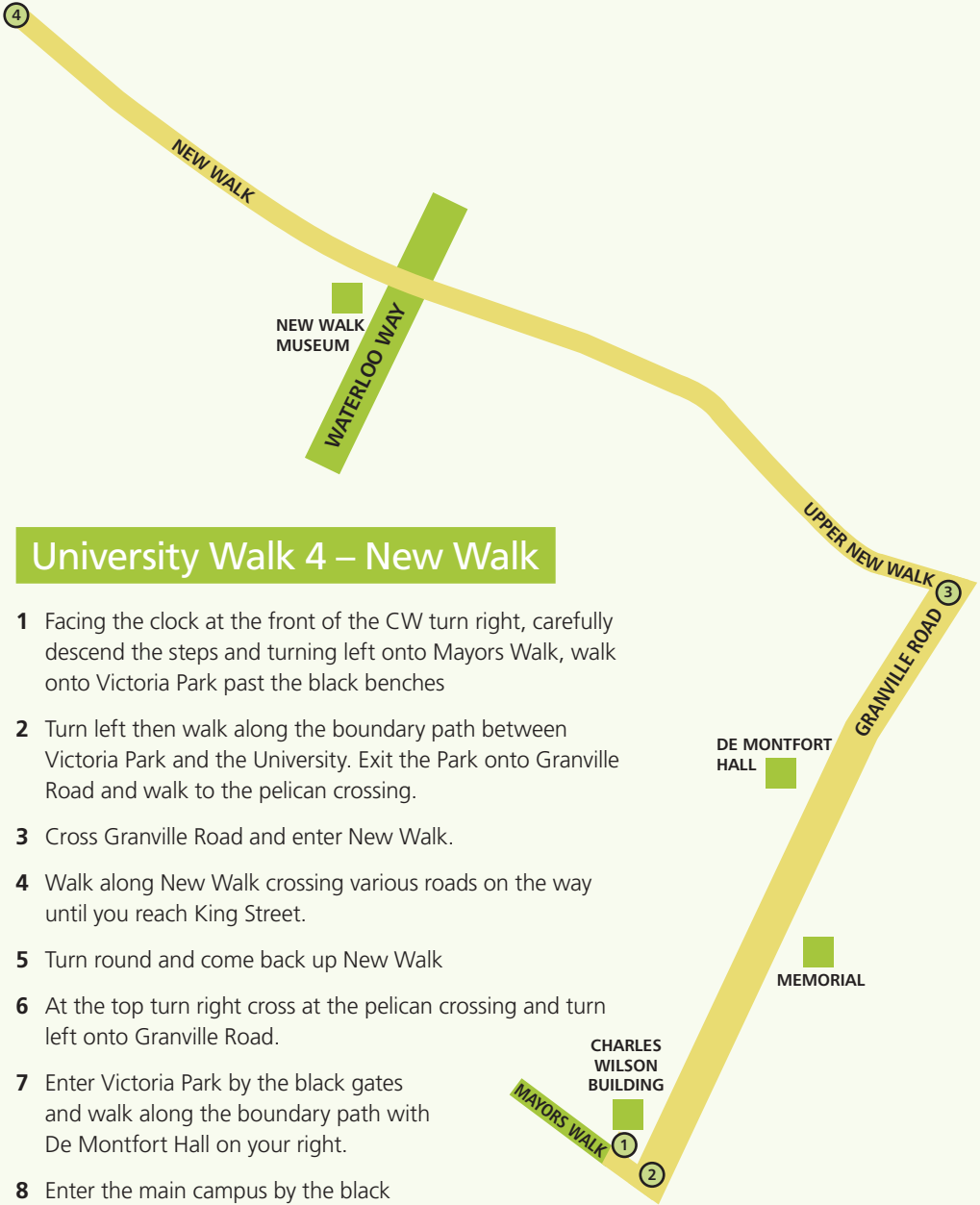
## University Walk 3 – Evington Road Circuit

- 1 Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, onto Victoria Park past the black benches
- 2 Turn left, walk along Granville Road and boundary path between Victoria Park and the University. Exit the Park and turn right onto Granville Road and walk to the junction with London Road.
- 3 Using the pelican crossing, cross London Road and proceed along Evington Road.
- 4 Turn right onto Beckingham Road and follow it round until the Mayfield roundabout at the junction with London Road. Turn right and cross London Road using the pelican crossing. Turn left and walk around the perimeter of Victoria Park until the traffic lights at the junction of Queens Road and Victoria Park Road.
- 5 Turn right and walk across the park. Access main campus by the black benches at the top of Mayors Walk, return to the CW.

**Distance** 3km / 3000 Steps

**Time** 30 mins approx





## University Walk 4 – New Walk

- 1 Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park past the black benches
- 2 Turn left then walk along the boundary path between Victoria Park and the University. Exit the Park onto Granville Road and walk to the pelican crossing.
- 3 Cross Granville Road and enter New Walk.
- 4 Walk along New Walk crossing various roads on the way until you reach King Street.
- 5 Turn round and come back up New Walk
- 6 At the top turn right cross at the pelican crossing and turn left onto Granville Road.
- 7 Enter Victoria Park by the black gates and walk along the boundary path with De Montfort Hall on your right.
- 8 Enter the main campus by the black benches and back to CW.

**Distance** 4km / 4000 Steps

**Time** 40 mins approx



## University Walk 5 – King Power Stadium

- 1 Facing the clock at the front of the CW turn right, carefully descend the steps and walk past the Fielding Johnson Building. Turn right at Danielle Brown Sports Centre and exit main campus via gate No 1. Turn left onto University Road.
- 2 Turn left at the junction with Welford Road and at the traffic lights turn right into Putney Road. Walk past Homebase and the Dry Dock Pub. Take the first right then bear left onto Counting House Road.
- 3 At the junction with Aylestone Road use the pelican crossings to cross the road and walk down Raw Dykes Road. The King Power Stadium is on your left. Walk around it then retrace your steps to Counting House Road.
- 4 Walk past Morrisons on your left, Porcelanosa on your right until the steps on your right. Ascend the steps to Welford Road. Turn Right.
- 5 At Freemans Common turn left into University Road.
- 6 Enter main campus via Gate No 1, take first left past the Fielding Johnson Building until you are back at the CW.





**Distance** 3km / 3000 Steps

**Time** 30 mins approx

If a shorter walk is required, omit the loop of the stadium and turn right at Porcelanosa

**Distance** 2km / 2000 Steps

**Time** 20 mins approx.



## Oadby Walk 1 – The Broadway

- 1 Exit the facilities building of John Foster Hall, walk onto Manor Road and turn left.
- 2 Walk along Manor Road and take the first left onto the Broadway.
- 3 Take the first left again onto the Fairway.
- 4 Follow the road around and turn left back onto the Broadway.
- 5 At the end of the road turn left onto Stoughton Drive South.
- 6 At the cross roads, turn left back onto Manor Road and walk back up to John Foster Hall.

**Time** 22-25 mins approx

**Distance** 2.5km/2500 steps

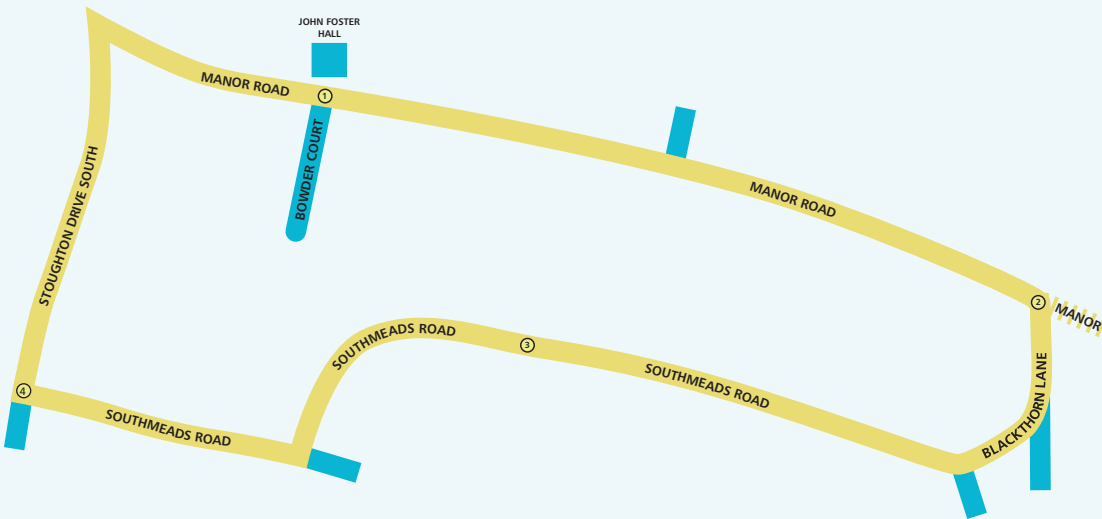


## Oadby Walk 2 – Blackthorn Lane

- 1 Exit the facilities building of John Foster Hall and turn left onto Manor Road.
- 2 Walk along Manor Road and turn right into Blackthorn Lane / leading to Southmeads Road.
- 3 Follow the public footpath and walk through the gate on the right down a tree lined rough path that turns into Southmead Drive.
- 4 Turn right at the end onto Stoughton Drive South, at the crossroads turn right back onto Manor Road and walk back up to John Foster Hall.

**Time** 30 mins approx

**Distance** 3km/3000 steps



## Oadby Walk 3 – The Sports Field

- 1 Exit the facilities building of John Foster Hall, walk onto Manor Road and turn left.
- 2 Walk along Manor Road up to the mini roundabout and turn left onto Stoughton Road.
- 3 After 200m turn right into the University's Playing Fields, using the pedestrian access walk around the perimeter of the fields.
- 4 Turn left back onto Stoughton Road and then right at the mini roundabout back onto Manor Road.
- 5 Walk along Manor Road back to John Foster Hall.

**Time** 1 hour 10 mins approx

**Distance** 4km/4000 steps

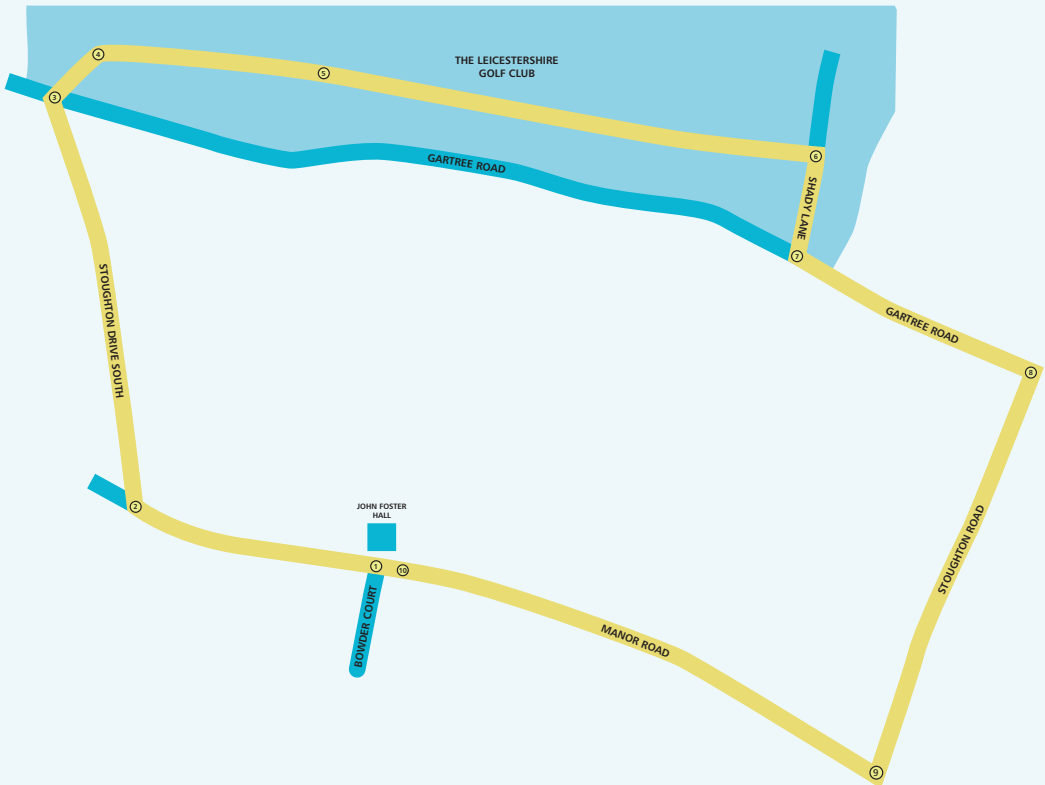


## Oadby Walk 4 – The Arboretum

- 1 Exit the facilities building of John Foster Hall, turn right onto Manor Road.
- 2 At the crossroads turn right onto Stoughton Drive South and walk down to the mini roundabout.
- 3 Cross Gartree Road and enter the golf course through the small green “kissing gate”.
- 4 Walk diagonally along the path, cross the fairway and walk through the trees following the stream.
- 5 Carry on following the stream along the length of the golf course to the gate into the Arboretum.
- 6 Cross into the Arboretum and walk through it (choose your own route through it) eventually arriving on Shady Lane.
- 7 Turn right onto Shady Lane and at the junction turn left onto Gartree Road.
- 8 Walk to the mini road and turn right onto Stoughton Road.
- 9 Walk past the sports grounds on your left up to the mini roundabout and turn right onto Manor Road.
- 10 Walk along Manor Road past Roger Bettles on your left back to John Foster Hall.

**Time** 1 hour 15 mins

**Distance** 6km/6000 steps



## Oadby Walk 5 – Guilford Road

- 1 Exit the facilities building of John Foster Hall, walk onto Manor Road and turn right.
- 2 At the cross roads, cross straight over and walk down Knighton Grange Road to Guilford Road.
- 3 Turn right onto Guilford Road and then first right onto Barrington Road which runs into Knighton Rise.
- 4 At the end of Knighton Rise, turn right back onto Stoughton Drive South.
- 5 At the cross roads, turn left back onto Manor Road and walk back to John Foster Hall.

**Time** 30-35 mins approx

**Distance** 4.5km/4500 steps

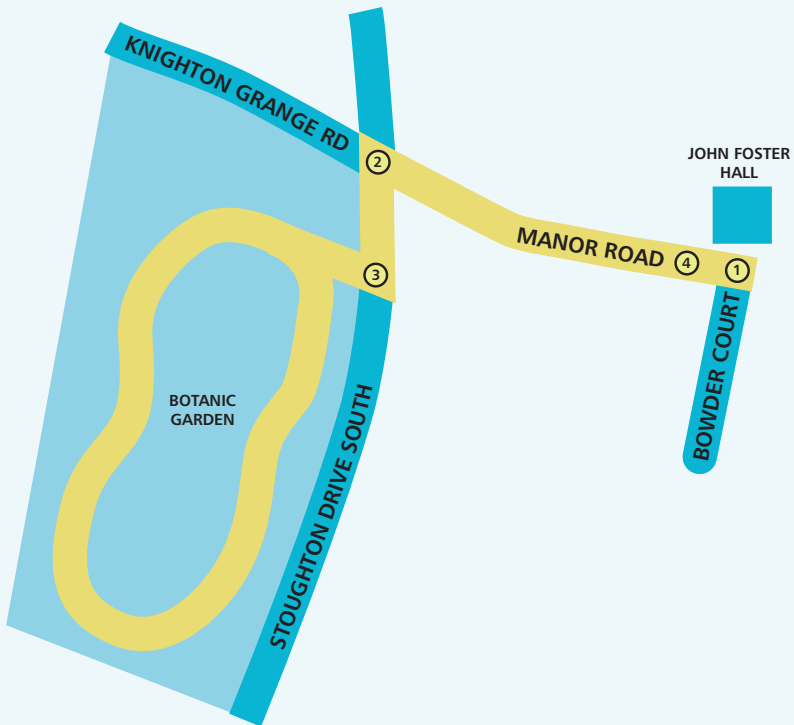


## Oadby Walk 6 – The Botanical Gardens

- 1 Exit the facilities building of John Foster Hall, walk onto Manor Road and turn right.
- 2 At the cross roads turn left and 100m down turn right into Beaumont Hall.
- 3 Access the Botanical Gardens around the side of Beaumont Hall, or on Glebe Road. Various paths afford a shorter or longer walk around these magnificent gardens.
- 4 Retrace your steps to John Foster Hall.

**Time** Up to you!

**Distance** Up to you!



## Safety first

Please remember:

- When crossing any road cross away from parked cars
- Try to use pedestrian crossings whenever available
- Never walk alone at night
- Wear bright clothing if its dark
- Don't wear earphones
- Wear appropriate footwear, i.e. wellies/trainers
- Carry a charged mobile phone
- Remember to take extra care in icy conditions
- Tell someone where you are going if it's one of the longer walks



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