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National Walk to Work Week 2015

National Walk to Work Week - Monday 11th to Friday 15th May

The aim of the week is to think about changing the way you arrive at work, to walk in if you can - either part, or all the way - but if you are not able to, then you can also consider taking part in the following:

1. Hold a walking meeting
2. Walk all or part of the way to a meeting
3. Take a walk during your lunch break

During the week a full range of walks are taking place on lunchtimes, including a walk to Wicker Man, Burnhall Wood, Durham and riverside walks along the River Tees, full details listed below. Please note that some walks require you to sign up to confirm attendance as numbers are limited.

Living Streets will also have 'Walk Doctors' present on Monday 11th offering a free 5 minute one-to-one consultation and advice on the benefits of an active lifestyle.

Walk Doctor events:

- Give personal advice on how to fit more walking into everyday lifestyles
- Hand out "walking prescriptions" and supporting literature to help individuals stick to their goals after the consultation
- Increase health, wellbeing and motivation of employees and/or the public
- Are a fun, engaging and inspirational way to encourage people to walk more
- Provide you with reports on common barriers to support you in remedying underlying problems

Why not log your miles during Walk to Work Week and be in with a chance of winning a £20 High Street Voucher?

Apart from miles, you can also find out how many muffins you have burned off, how many times around a running-track you've managed, and how many kg of CO₂ you have saved into the bargain! In addition, staff and students who register and log their walks, will be in with a chance of winning a £20 High Street voucher for the highest number of walks

[Win a £20 High Street Voucher - log your miles during Walk to Work Week 2015](#)

Related Links

[Tips for Walking Meetings](#)

[Top Walking Tips](#)

[Walking and Health](#)

[Living Streets: Walk to Work Week \(Click on this link to log the miles you have walked\)](#)

achieved during the week.

1. Go to the Living Steets [Walk to Work Week](#) website to register
2. Create your own profile (and create your own password)
3. Type in "Durham University" in the Workplace Name box.
4. That's all there is to it!
5. Next time; just log in, enter the number of miles you've done, and give yourself a pat on the back for doing so well!

Lunchtime walks and activities 11th - 15th May 2015

| Date | Activity | Time | Location |
|--|---|--------------------------------|--|
| Monday 11 th to Friday 15 th May | Self-Guided walk around the Botanic Garden taking in the wildflower meadow and the native woodland. A self-guided trail across the Hay Meadow behind the Botanic Garden. Click on the link below to download the leaflet; Guided Walk and map of Botanic Garden Trail starts from the Botanic Garden . (No booking necessary). | Any lunchtime | Trail starts from either the Botanic Garden Visitor Centre or the Park and Ride entrance |
| Monday 11 th May | "Walk Doctor" – Visit the Living Streets' Walk Doctor for a free 5 minute one-to-one consultation and advice on the benefits of an active lifestyle. Calman Learning Centre - ALL WELCOME | 12.00 - 2.00 pm | Durham |
| Tuesday 12 th May | River Tees Walk - a riverside walk led by Peri Anderson. Meet at the Sports Centre, Queen's Campus. (No booking necessary) | 12.15 pm (40 mins duration) | Queen's Campus |
| Tuesday 12 th May | Team Durham Walk along roads and footpaths in and around Durham City. Contact Lynn Preston on 0191 3342165 or lynn.preston@durham.ac.uk to be added to the mailing list. Meet outside the main entrance to the Palatine Centre | 1.15 pm (40 mins duration) | Durham |
| Wednesday 13 th May | A "Mystery" walk with Horticultural Manager Steve Ansdell (sturdy footwear required). Please note that this walk is limited to 15 people, please book using the following link; https://apps.dur.ac.uk/tcbs/?mode=details&schedule=8592 Meet at the Botanic Garden car park, Durham. | 12.15 pm (1 hr duration) | Durham |
| Thursday 14 th May | River Tees Walk - a riverside walk led by Peri Anderson. | 1.15 pm (40 min) | Queen's Campus |

| | | | |
|-------------------------------|---|---------------------------|--------|
| | Meet at the Sports Centre, Queen's Campus. (No booking necessary) | duration) | |
| Thursday 14 th May | Nordic walk led by Lynn Preston. As this walk is limited to 12 people, please book by emailing lynn.preston@durham.ac.uk Meet at Botanic Garden, Durham | 12.15 pm (1hr duration) | Durham |
| Thursday 14 th May | Walk to the Wicker Man, Low Burnhall Wood, led by Mike Hughes (sturdy footwear required). Meet at the Bamboo Cycle Shelter, Botanic Garden | 1.00 pm (1 hour duration) | Durham |

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