Walking is the most sustainable way to travel. It's free, enjoyable and can help you lead an active and healthy lifestyle.

Walking will help protect you against:

- Cardio vascular diesease (coronary heart disease and stroke), as well as 'risk factors' such as high blood pressure and cholesterol.
- Cancer (particularly bowel cancer, and breast cancer in post-menopausal women)
- Type 2 diabetes
- Obesity

It has also been shown to improve:

- Musculoskeletal health (for example osteoarthritis and lower back pain)
- Mental health, happiness and well-being

Check out Sustrans top tips for walking and free walking tours near our Belfast Campus.

Sustainability

Carbon management plan

Carbon conscious
Biodiversity
Construction and refurbishment
Energy
Governance
Green Impact
Sustainable procurement
Sustainable travel
Waste
Water

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Computing, Engineering and the Built Environment

Life and Health Sciences

Ulster University Business School

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- Postgraduate
- Part-time
- Short courses
- eLearning
- Research & Impact
- Doctoral College
- PURE

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- Jordanstown
- Magee
- London and Birmingham

Campus facilities

- Accommodation
- Sports Services
- Library

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