

## Greenspace

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# Walking

Walking is a great way to have time to yourself and gives you more energy to do the things you enjoy in life. In the working day it can also help you to unwind and make plans and avoid the stress of traffic jams.

May was the [National Walking Month](#) and to encourage staff and students to increase walking during the month and beyond, the University promoted the Living Streets [#Try20](#) tips.

The University also ran its own 'walk week' to promote guided and local walks including self-guided walks around the Botanic Garden and the Hay Meadow walk, which are set out in the timetable below.



## Related Links

[British Heart Foundation - Walking Training Schedules](#)

[Durham Botanic Garden Map](#)

[Durham Botanic Garden Self-Guided Walks](#)

[Ramblers](#)

[County Durham's Guided Walks](#)

[Hay Meadow Nature Trail \(Durham Botanic Garden\)](#)

[Living Streets](#)

[Walk It](#)

Date	Activity	Time	Location
Monday 21st May	A walk around the Tees Barrage, led by Perri Anderson No need to book - just turn up	12:15–13:00 (45 minutes)	Meet at the Sports Centre Reception, Queen's Campus
Monday 21st May	A History walk in Durham, led by David Shotten, from L Maiden Castle. No need to book - just turn up	12:00–12:50 (50 minutes)	Meet outside the entrance to the Bill Bryson Library
Tuesday 22nd May	A walk around the Tees Barrage, led by Perri Anderson No need to book - just turn up	13:00–13:45 (45 minutes)	Meet at the Sports Centre, Reception, Queen's Campus
Wednesday 23rd May	Why not take a <a href="#">self-guided walk</a> around Botanic Garden.		
Thursday 24th May	Meet the Living Streets Team to find out more tips on walking. Meet the Air Quality Team from Durham County Council	11:30-14:00	Calman Learning Centre Cafe
Thursday 24th May	Why not take the Hay Meadow <a href="#">self-guided walk</a> ?		
Friday 25th May	Walk to the Wicker Man, Low Burnhall Woods, led by Mike Hughes, Head Gardener. Please note sturdy footwear required. No need to book - just turn up	12:30–13:30 (1 hour)	Meet at the main Visitor Centre, Botanic Garden

Guided and self-guided walks available around the [Durham](#) and [Stockton](#) areas were promoted for those unable to join the organised walks.

## Did you know that .....

- You can burn an extra 50 calories per hour by standing rather than being seated - so let's get moving
- Short walks every day has the potential to increase productivity by up to 30%?
- When you take a step, you are using up to 200 muscles?
- Walking one mile can burn up to 100 Calories of energy and walking two miles a day, three times a week, can help reduce weight by one pound every three weeks?
- People who are active have lower rates of coronary heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and depression (WHO 2001)

## Walk Your Way to Health

Did you know that walking 10,000 steps a day (about five miles) can give you a healthy heart and reduce your body fat? Think this sounds a lot to achieve in one day? You will be surprised. Watch the short video clip on the NHS web site '[The 10,000 steps challenge](#)' to show how easily this can be done.

## Going Green!

Walking is also quite simply the most environmentally-friendly way of getting from a to b. It requires no fossil fuels, emits no air pollution, and is generally a pretty quiet way of getting about. For more information visit the '[walkit](#)' website.








## Why not join a local walk

### Stockton

There are a number of local walks taking place in Stockton of varying degrees. If you would like to know more about the walks in your area please visit the Stockton '[Stepping Out](#)' website for information about walking and their leaflet listing all the walks due to take place.

### Durham

There are many events taking place in Durham and a [list](#) of guided walks in the Durham area and further information is available.

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