

LouColl Active Walk/Wheelchair Routes

GET ACTIVE **BE ACTIVE** **STAY ACTIVE**

A good walk can do wonders for your mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

We have mapped out three fantastic walk/wheelchair routes that all start at the college, are all on tarmac and are really easy to follow.

ROUTE 1: College Campus Circuit



Distance

1.3km



Steps

1700



Approximate time to complete

20 mins

This flat, easy to navigate 1km route takes you on a whistle stop tour of the college campus as well as the pleasant greenbelt footpaths upto swan lake.

A great way to grab some fresh air during a break in your day. Travel this route on a Wednesday and you might spot an academy fixture taking place on the 3G!

ROUTE 2: Queen's Park



Distance

Approx. 2.5km



Steps

3300



Approximate time to complete

40 mins

This scenic 2.5km route takes you to Queen's Park of Loughborough, home to the famous Loughborough Tower.

Explore the park as much as you wish taking in the parks Aviary and the Great Paul Bell. The route back takes you down true lovers walk and through Radmoor park. A great lunch time walk with some fantastic picnic stops.

ROUTE 3: The University Sports Tour



Distance

Approx. 5km



Steps

6600



Approximate time to complete

1hr 10 mins

A longer more challenging 5km route that takes you on a scenic tour of the University right through its centre, taking in the world class sports facilities as you go.

Take this route on a Wednesday in term-time to find the exciting bustle of the University sports teams training and competing. A perfect get away for some thinking time or chance to catch up with friends.

Scan the **QR code** for more detailed instructions and information about each route!



SCAN ME