



# *Six Lunchtime Walks from the DMU City Campus*

Easy steps to health and wellbeing

## Six Lunchtime Walks from the DMU City Campus

### Easy steps to health and wellbeing

These walks have been put together to help DMU members find easy and pleasant walks close to and around the City Campus.

They range from 30 minutes to 60+ minutes and are designed to be completed within lunchtimes, during free time or as a part of a walking meeting.

Each route has a simple description and map and an approximation of how many steps or time it will take to complete. It is hoped that users of these guides will help them to whilst aiming for the 10,000 steps per day that health experts recommend.

The majority of the routes are on tarmac paths and should be suitable for wheelchair users; however, there are some gravel paths:

- River Soar Great Central Way Pathway South - Medium Route.
- River Soar Great Central Way Pathway North - Medium and Long Routes as you exit Rally Park. This part can be avoided by exiting the park at the entrance where you first entered.

## Advice for safe walking

- Some road crossings are required, please take care at these points and use the pedestrian crossings where they are provided.
- Many of the routes are on shared (pedestrian and cyclist) paths; please be aware of cyclists travelling at a faster speed around you.
- Many of the routes use canal paths please take care next to the water – it is deep!
- In the summer you are advised to use appropriate sun and insect repellent especially around the canal and meadows areas.
- These routes are NOT SUITABLE for after dark use.
- Please ensure that you pick the route suitable for your own level of fitness.
- If you are at all worried, try and walk with a friend or stay near a group of people.
- Try to keep both hands free and don't walk with your hands in your pockets.
- Keep your mind on your surroundings (others walkers, cyclists, runners & general route conditions) – remember if you are wearing a personal stereo or chatting on your mobile phone you may not hear trouble approaching.
- It is a good idea to have a mobile phone, a phone-card, or some spare change with you to enable you to make a phone call and to let others know where you're going and expected duration (start / finish).
- If you think you are being followed, trust your instincts and take action; as confidently as you can, cross the road turning and look to see who is behind you; if you are still being followed, keep moving; make for a busy area and tell people what is happening. If necessary, call the police.
- Beware of someone who warns you of the danger of walking alone and then offers to accompany you; this is a ploy some attackers have been known to use.

- We all have the right to wear any clothes we wish, but we do need to consider the effect they may have on others; you can reduce risks by wearing clothes you can move in easily and shoes that fit well and are comfortable.
- Try not to keep all your valuables in one place. Instead place valuables such as wallets in an inside pocket or use a money belt (one of the safest ways to carry things is in a small bag slung across your body under a jacket or coat - ensuring it sits close to your body).

Any problems with a public right of way, such as obstruction, safety issues, or signage should be addressed to the local highway authority but may also be fed back to the University Transport Co-ordinator – [imurdey@dmu.ac.uk](mailto:imurdey@dmu.ac.uk).

In the event of an accident/incident while out walking the route it would be useful to provide the following information on the University Accident Incident Report (AIR) form:

- exact location of the accident or incident
- time, date and weather conditions
- your direction of travel photographs and a sketch plan are very useful
- detail of injury suffered
- who you believe to be responsible for the accident and why

Please email any comments on these routes or idea for new ones to [imurdey@dmu.ac.uk](mailto:imurdey@dmu.ac.uk).

## **New Walk – Introduction**

- This walk makes use of the New Walk pathway.
- It features paved surfaces throughout and is therefore usable in all weathers.
- The route up the New Walk has a steady gradient.
- The routes use pedestrian crossings and traffic lights at major roads.

### **Short Route**

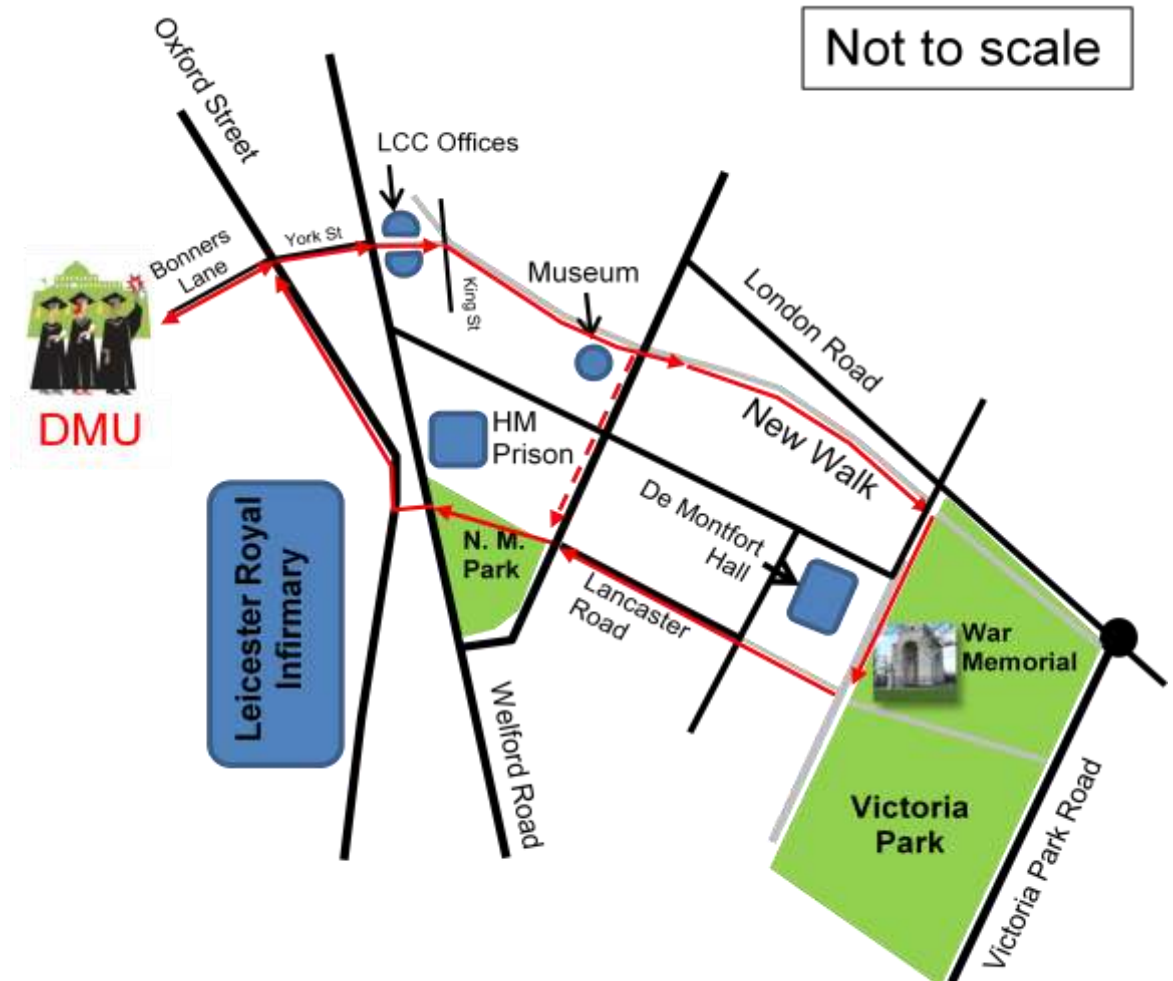
- @ 3000 steps
- @ 1.5 Miles
- 20 – 30 mins

### **Medium Route**

- @ 4400 steps
- @ 2.20 Miles
- 30 – 40 mins

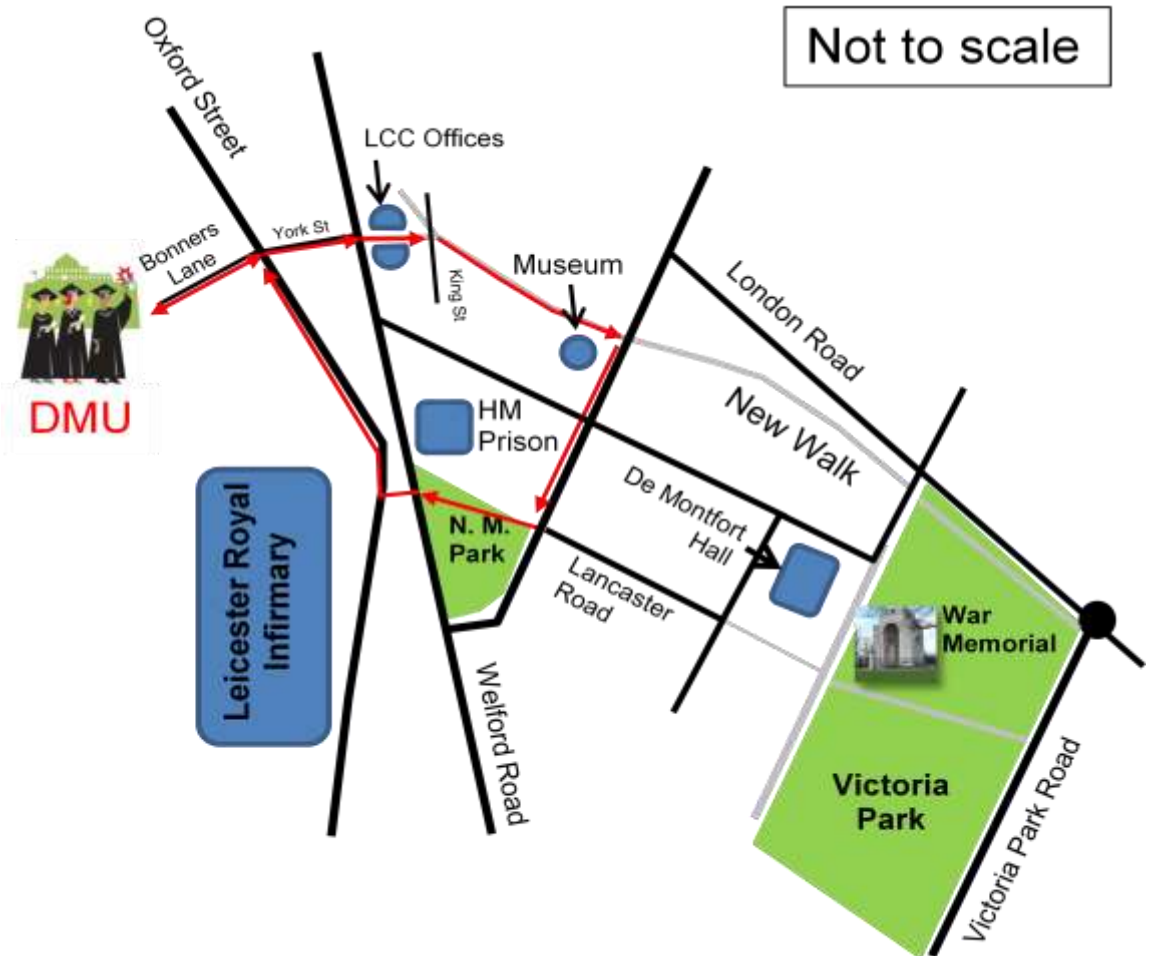
## New Walk – Medium Route

- From the Campus Centre walk along Bonners Lane up to Oxford Street, cross and go down York Road.
- Cross Welford Road and follow the 'New Walk' signs between the office blocks.
- Cross King Street and continue up New Walk.
- Just past the museum turn right at the Waterloo Way bridge for Short Route or continue up New Walk for Medium Route.
- Cross De Montfort Street and University Road; at the end of Upper New Walk (Granville Road) use the pedestrian crossing and turn right toward De Montfort Hall.
- Take the pedestrian gate leading past De Montfort Hall into Victoria Park.
- Walk to the War Memorial and then turn right down the hill.
- Cross University Road and enter Lancaster Road.
- Under the train bridge and then at the bottom of the hill cross the road to Nelson Mandela Park.
- Go through the park then cross Welford Road and turn right towards the Leicester Royal Infirmary and back to the DMU campus via Oxford Street and Bonners Lane.



## New Walk – Short Route

- From the Campus Centre walk along Bonners Lane up to Oxford Street, cross and go down York Road.
- Cross Welford Road and follow the 'New Walk' signs between the office blocks.
- Cross King Street and continue up New Walk.
- Just past the museum turn right at the Waterloo Way bridge and continue down Waterloo Way.
- Cross over Regent Road and continue straight until you reach Nelson Mandela Park.
- Turn right through the park and at the end cross Welford Road.
- Turn right towards the Leicester Royal Infirmary and back to the DMU campus via Oxford Street and Bonners Lane.



## Views from the routes

Look out for some of these landmarks.





## River Soar and Great Central Pathway South – Introduction

- The Soar southern route has two loops each of which goes out using the River Soar footpath and comes back via the Great Central Way (GCW).
- The route can be reversed although the GCW has a superior surface and so is best used at the end of the walk.
- The River Soar pathway consists of gravel beyond the fork where the Medium Route departs from the complete route. After rain both routes can become muddy and after heavy winter rains the Medium Route can be impassable.

### Medium Route

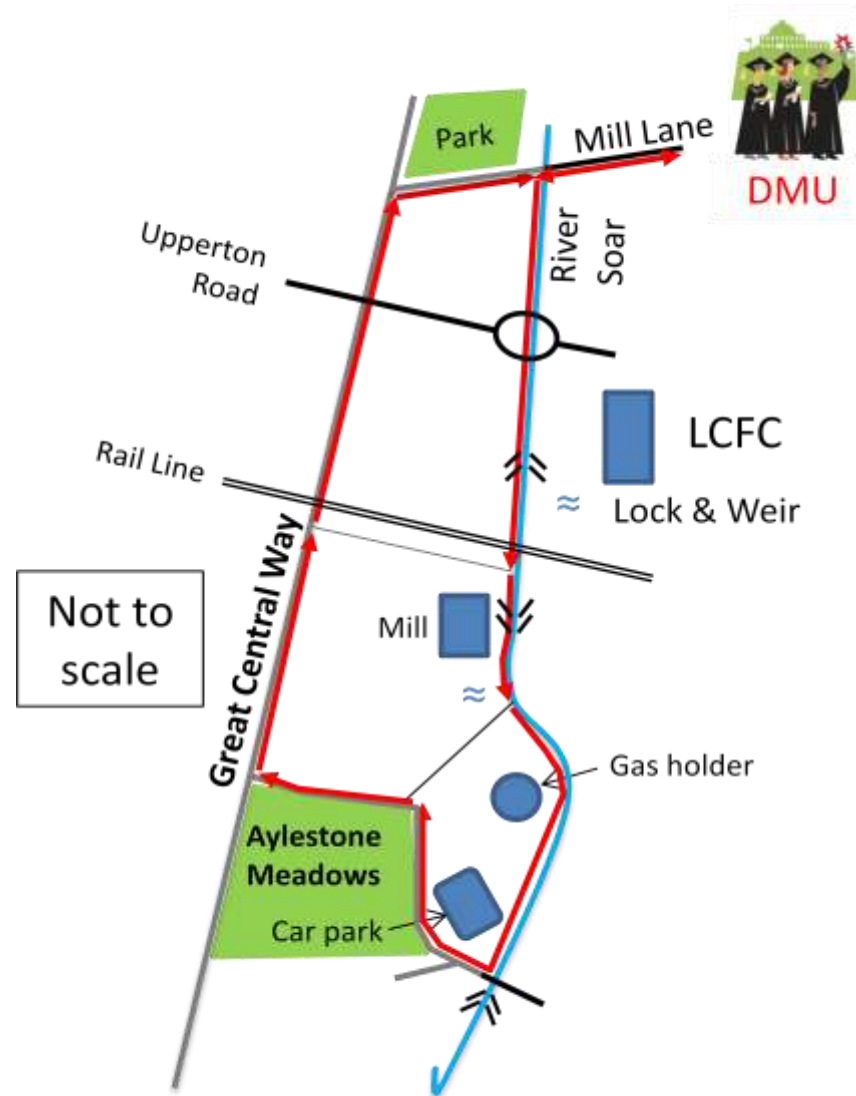
- @5,600 steps
- @2.80 miles
- 45 – 60 mins

### Long Route

- @7,000 steps
- @3.50 miles
- 60 – 70 mins

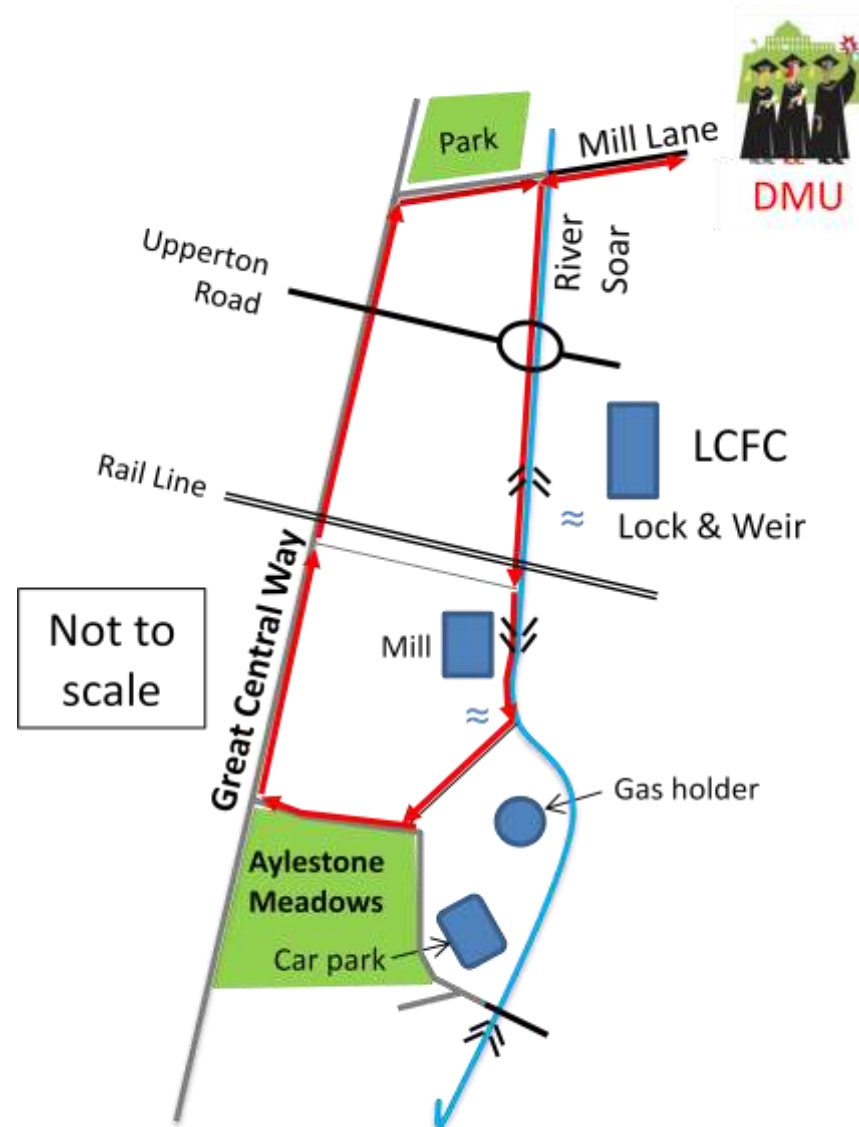
## River Soar and Great Central Pathway South – Long Route

- Walk down Mill Lane to the bank of the Soar
- Turn South (left) down to the river bank; continue past Freeman Meadow lock to the railway bridge.
- Turn right up the pathway for the Short Route OR
- Ahead over the **foot bridge** and **continue** up to and past St Mary's Mill lock.
- Over the bridge at the weir and immediately take the right fork (River Biam Boardwalk ) for the Medium Route OR
- Take the left fork –signed Aylestone Mill Lock continuing beside the Soar.
- Past the gas holders left and right until the road bridge over the Soar just before Aylestone lock.
- Turn right at the bridge to Aylestone Meadows.
- Follow the pathway past the car park on the RHS and then across open country along the tarmac path to the boardwalk.
- Continue through the meadows to join the Great Central Way.
- Turn North (right) onto the GCW and continue across a couple of roads (take care) and under the rail line to Upperton Road.
- Cross Upperton Road and continue to Bede Park.
- At Bede Park turn right and return to DMU via Mill Lane.



## River Soar and Great Central Pathway South – Medium Route

- Walk down Mill Lane to the bank of the Soar
- Turn South (left) down to the river bank; continue past Freeman Meadow lock to the railway bridge.
- Turn right up the pathway for the Short Route OR
- Ahead over the **foot bridge** and **continue** up to and past St Mary's Mill lock.
- Over the bridge at the weir and immediately take the right fork (River Biam Boardwalk) for the Medium Route.
- Continue along the gravel pathway to the meadow.
- At the end of the path, turn right and cross the valley via the boardwalk to join the Great Central Way.
- Turn North (right) onto the GCW and continue across a couple of roads (take care) and under the rail line to Upperton Road.
- Cross Upperton Road and continue to Bede Park.
- At Bede Park turn right and return to DMU via Mill Lane.



## Views from the routes

Look out for some of these landmarks.



# River Soar and Great Central Pathway North – Introduction

- The Soar North route has two loops of different distances.
- It starts at the Soar bank extending to the Grand Union Canal or into Rally Park and the Great Central Way (GCW).
- The walk is on hard surfaces except for very short section at the Rally Park signal which is passable in all but the wettest conditions.

## **Short Route**

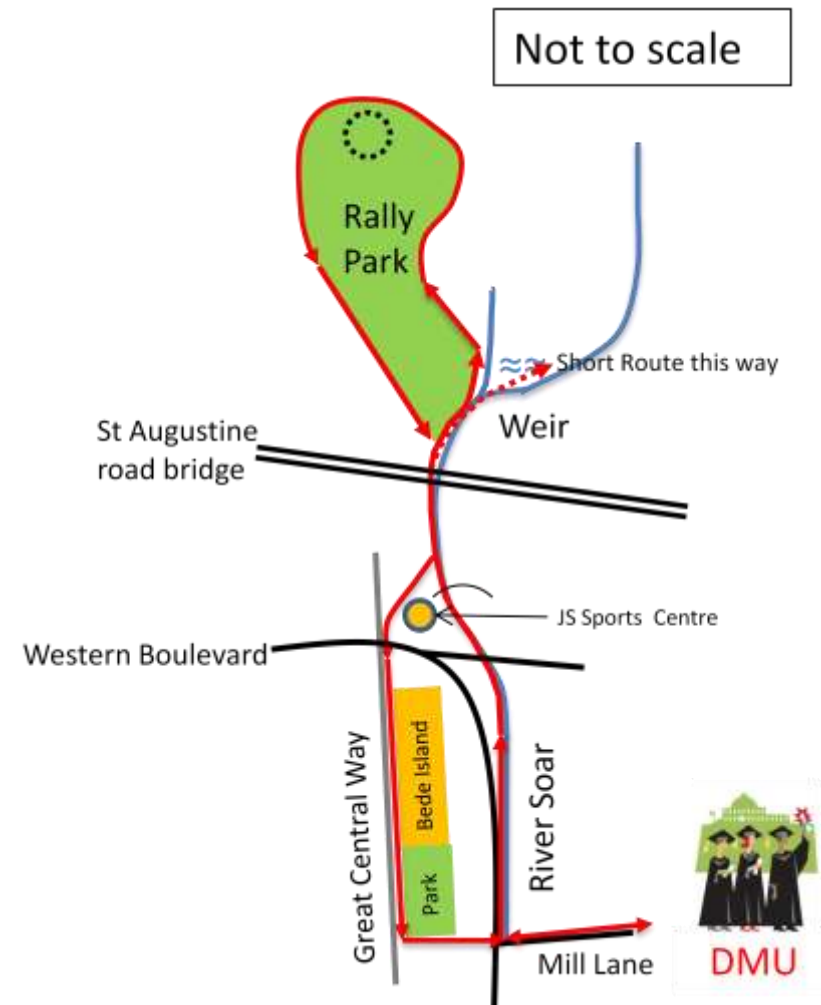
- @4,000 steps
- @2.00 miles
- 30 – 40 mins

## **Medium Route**

- @4,500 steps
- @2.25 miles
- 40 – 50 mins

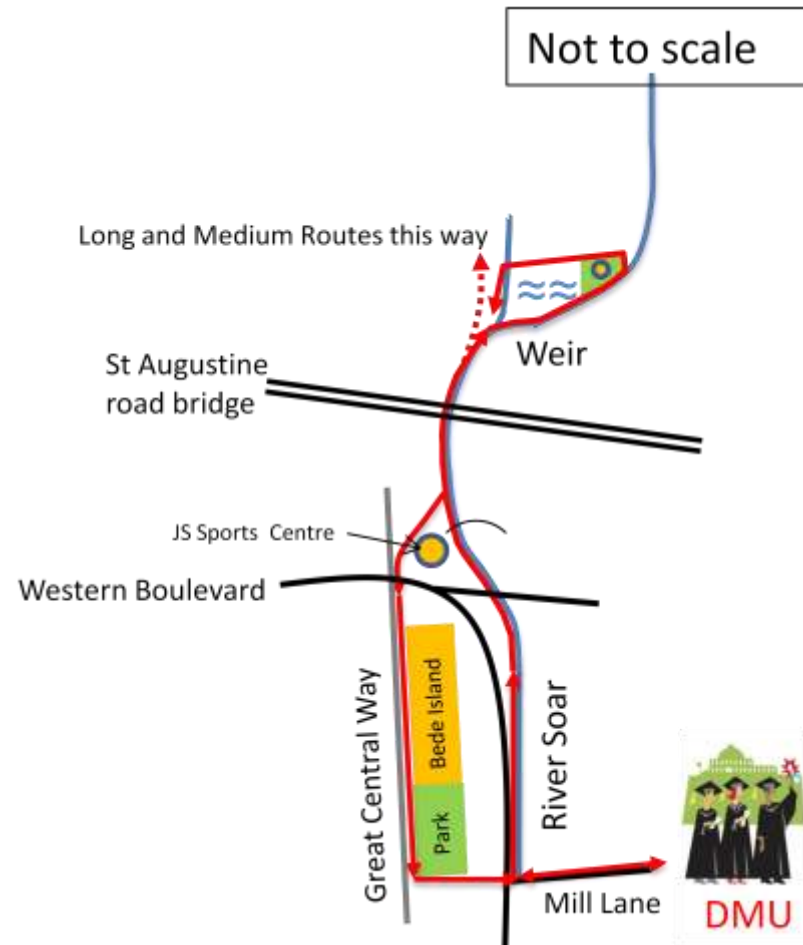
## River Soar and Great Central Pathway North – Medium Route

- Walk West along Mill Lane, cross over the River Soar and then turn North (right) down to the river bank.
- Continue until the weir.
- Continue ahead into Rally Park for Medium Route and Long Route.
- Keeping to your right walk through Rally Park to the stone circle.
- Follow the path around the circle to your left.
- Continue through Rally Park using the right hand path until you reach the railway signal.
- Turn left to the pathway immediately behind the signal and continue across Richard III Road back to the river bank.
- Turn right and continue along the river back under the road bridges.
- Just before the footbridge take the ramp away from the river and past the John Sandford Sports Centre.
- Cross Western Boulevard and take the Great Central Way to the rear of the Bede Island commercial development.
- At Bede Park turn left and return to the DMU campus via Mill Lane.



## River Soar and Great Central Pathway North – Short Route

- Walk West along Mill Lane, cross over the River Soar and then turn North (right) down to the river bank.
- Continue until the weir.
- Turn right across the weir to the end of the bridge.
- At the end of the weir bridge turn left to go around the Demostaph Plinth that overlooks the river.
- Turn left to cross back over the Soar via the second (red) bridge.
- Turn left and return to the river bank.
- Continue on the river bank under the road bridges.
- Take the ramp away from the river and past the Sandford sports building.
- Cross Western Boulevard and take the Great Central Way to the rear of the Bede Island commercial development.
- At Bede Park turn left and return to the DMU campus via Mill Lane.



## Views from the routes

Look out for some of these landmarks.

