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Lunchtime walks & runs in Durham

Take the opportunity to escape from your desk, get some fresh air and come back refreshed!



Get active. Ditch your desk.
Feel better. Beat the stress. Have fun.

Welcome to the lunchtime walks and runs pack

Lunchtimes are a great opportunity to stretch your legs, get some fresh air and have a bit of time to clear your head. For the more active amongst you, it's also a great chance to get fitter within the working day.

Walking and running are both excellent ways to feel healthy and discover new places, so we've produced a pack of various routes that start from your place of work. Choose routes to suit your schedule and fitness level. Start steady and build up your speed and distance, as you get fitter.

Walking record

We've even included a walking record for you to complete as you build up your training. Pin it up by your desk and inspire your colleagues to join you on your next walk or run. There's even an online version too. Visit www.actedurham.co.uk to register.

A few of tips: think ahead and be prepared

- Wear the right clothing: layering clothing is the most effective way to keep warm / cool, wear appropriate shoes, some of these routes are muddy, and take a waterproof coat, just in case it rains!
- **Be visible**, make sure car drivers can see you.
- **Take a drink**.
- **Take a mobile**, or let someone know where you're going and when to expect you back.
- **To build your fitness more efficiently**, increase your speed and distance gradually.
- **Warm up and cool down**, include stretches - this helps you avoid injury and get the greatest health impact from your walk: walk slowly for the first 5 minutes to allow muscles to warm up gradually, then build up to a faster pace (make sure you can still hold a conversation!). Maintain this pace until 5 minutes before the end of the walk when you can gradually decrease your speed to the finish. This will allow your muscles to cool down, reducing the risk of injury and the likelihood of aching muscles.

Stay motivated:

- Take a friend, they can provide excellent support, will help you feel safer, and may even add a touch of healthy competition when counting up those miles!
- Time yourself on a specific route and monitor your improvement over a certain period. For example, "In 4 weeks time, I will be able to complete route 3 without stopping to rest." "In 6 weeks time, I will complete route 8 7 minutes faster than when I started."
- Find out where other people's favourite walks are and ask them to take you. Return the favour!
- Set yourself a realistic target for improvement: "I'm going to walk 3 miles in total this week, and 4 next week." "Walking seems easy, I'm going to try running some of the route tomorrow."
- Make a mental note of interesting features along the way, identify flowers and plants, or investigate the history of an area.
- Go out even when you really don't feel like it. You'll be glad you made the effort when you return feeling invigorated and refreshed.

- Think of a theme for your walk and focus your thoughts: "Today I'm going to discover somewhere new." "Today I'm going to walk tall and think about my posture." "Today I'm going to see how that path looks in summer."
- If you've walked the routes and want a new challenge, try running the routes. It's best to build up gradually. Start by walking for 10 minutes, jog for 10 and then walk. Build up the jog to a run and build up the distance you run each time. You'll soon be running the whole thing!

Feel the burn:

Light / Slow Walking
(2mph) burns 198Kcal per hour

Moderate Walking
(3mph) burns 276Kcal per hour

Brisk Walking
(4mph) burns 360Kcal per hour

*note figures are approximate

Routes: all distances and times are approximate.

From County Hall

			Walking Time (20mins)
1. The Ponds: easy access	Short	1mile	(20mins)
2. Aykley Woods	Medium	2.7km / 1.7miles	(35mins)
3. Wharfon Park	Medium	2.7km / 1.6miles	(35mins)
4. Flass Vale	Medium	3km / 1.8 miles	(40mins)
5. Aykley Hills	Medium	3.8km / 2.4miles	(45mins)
6. The Cobbles	Long	4.2km / 2.6miles	(1hr)
7. The Frankland 5	Long	9.3 km / 5.8miles	(2hrs)

From Durham City Centre

8. Baths Bridge	Medium	3.3km / 2miles	(50mins)
9. Kingfisher Bridge	Medium	3.3km / 2miles	(50mins)

From Dragonville

10. Shincliffe Bridge	Long	6.5km / 4miles	(1.5hrs)
11. Dragonville	Long	7.5km / 4.7miles	(2hrs)

From Van Mildert

12. Beyond Van Mildert	Short	2.2km / 1.4miles	(35mins)
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