

walking



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Walking to UNI 101

1 plan your route

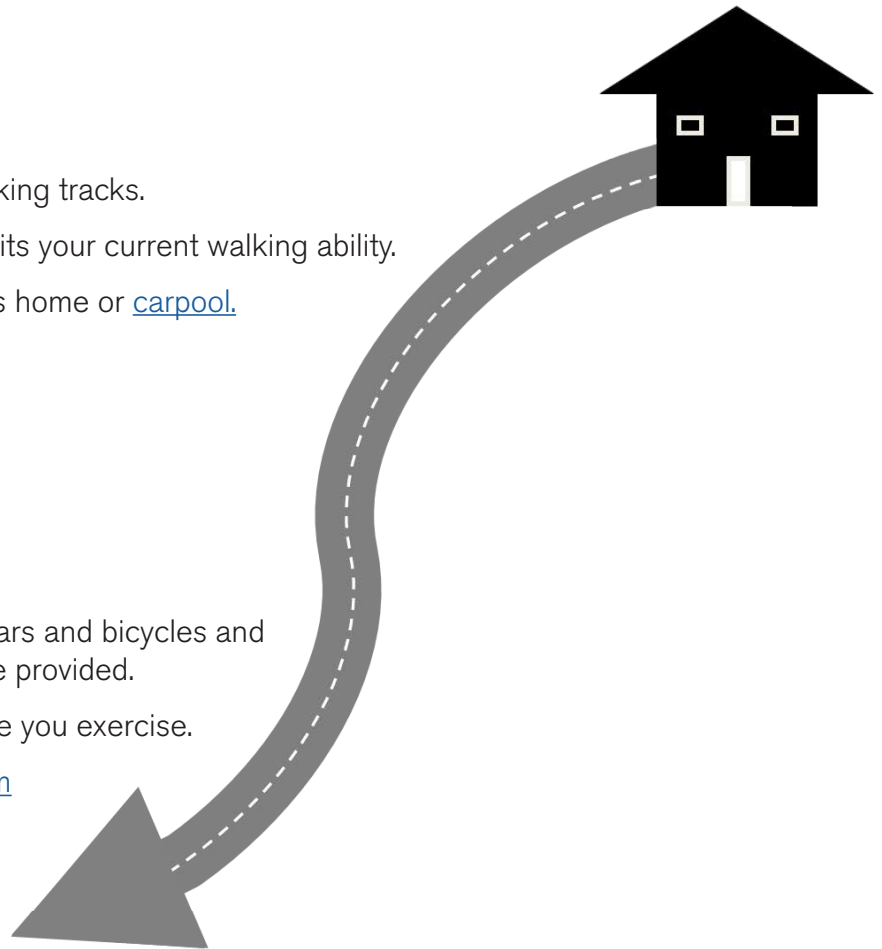
- Check out our [suburb maps](#) for walking tracks.
- Choose a path that is well lit and suits your current walking ability.
- Leaving late at night? Catch the bus home or [carpool](#).
- Attend a [Journey Planning session](#)

2 start stepping

- Make yourself visible, look out for cars and bicycles and cross at pedestrian crossings where provided.
- Walk with friends and socialise while you exercise.
- Join the UON [10000 steps program](#)

3 hydrate, stretch and enjoy the benefits of walking!

- Pushed the walk and got sweaty? Check out the [end of trip facilities available](#).



WALKING DISTANCE GUIDE

Walking Speed	Time and Distance		
	10 mins	20 mins	30 mins
SLOW	0.6 km	1.2 km	1.8 km
MEDIUM	0.9 km	1.8 km	2.7 km
FAST	1.1 km	2.2 km	3.3 km

