Why walk?

Pleasure and leisure
By walking to work, school, the shops or the station you can get your daily exercise as part of your normal routine. Walking is invigorating and improves your mood – even in the rain! You can see much more of the city and its surroundings and walking can be a very sociable activity. Children like to walk to school so they can chat to their friends.

Cost
It’s FREE! No fares, no parking fees, no machine to buy and maintain – only an umbrella and sensible shoes.

Public transport
If you do not have the time or energy to walk all the way to your destination, walking combined with buses or trains is a good way to get there. There are eight train stations in Exeter as well as a good network of bus routes.

Green
Walking is the greenest way to go, with no carbon footprint and no special “shimmy” needed. Choose your route carefully and you can avoid the air pollution along the main roads.

10 healthy reasons to walk

1. Walking peps you up, gives you more energy and enthusiasm for your leisure when you finish work.
2. Walking helps you to lose weight. You will build healthy lean muscle, lose inches of fat and pump up your metabolism.
3. Walking need not require any special equipment and does not produce any additional pollution and the only fuel you need is a healthy meal.
4. People who walk have less stress and depression.
5. Walking can help you to manage your diabetes.
6. Walking one mile in fifteen minutes burns about the same amount of calories as running a mile in 8.5 minutes.
7. Doing 10,000 steps per day will contribute to the recommendation of moderate-intensity physical activity for at least 30 minutes on 5 or more days per week.
8. People who walk have a lower risk of developing heart disease, cancer, osteoporosis and depression.
9. Walking boosts your brain power, making you mentally sharper, refocuses your mind and improves your concentration.
10. Walking and cycling allows you to see much more of the city and its surroundings and walking can be a very sociable activity.

Exeter Green Circle

The Exeter Green Circle is a 12 mile walking route around our lovely city. It has something for everyone, from the toddler to the rambler – from city pavements to country footpaths – from historic buildings to green nature reserves. The route is shown on this map, but a detailed pack of the five walks making up the circle is available from Exeter City Council or the Visitor Information Office.

Green Circle
Tel: 01392 265178
www.exeter.gov.uk/greencircle
Email: transport.projects@exeter.gov.uk

Guided walks

Free guided walks are offered by Exeter City Council with the Red Coat Guides. Walks begin by the Cathedral and the Quay every day of the year except Christmas Day and are an excellent way to explore on foot and learn about the historical aspects of Exeter. In addition the Countryside service also provides guided walks on certain days in one of the city’s many valley parks and nature reserves.

For self-guided exploration take a look at the Exeter and Country Circle, available from Exeter City Council or the Visitor Information Office.

Red Coat Guides
Tel: 01392 265203
www.exeter.gov.uk/guidedtours
Email: guidedtours@exeter.gov.uk