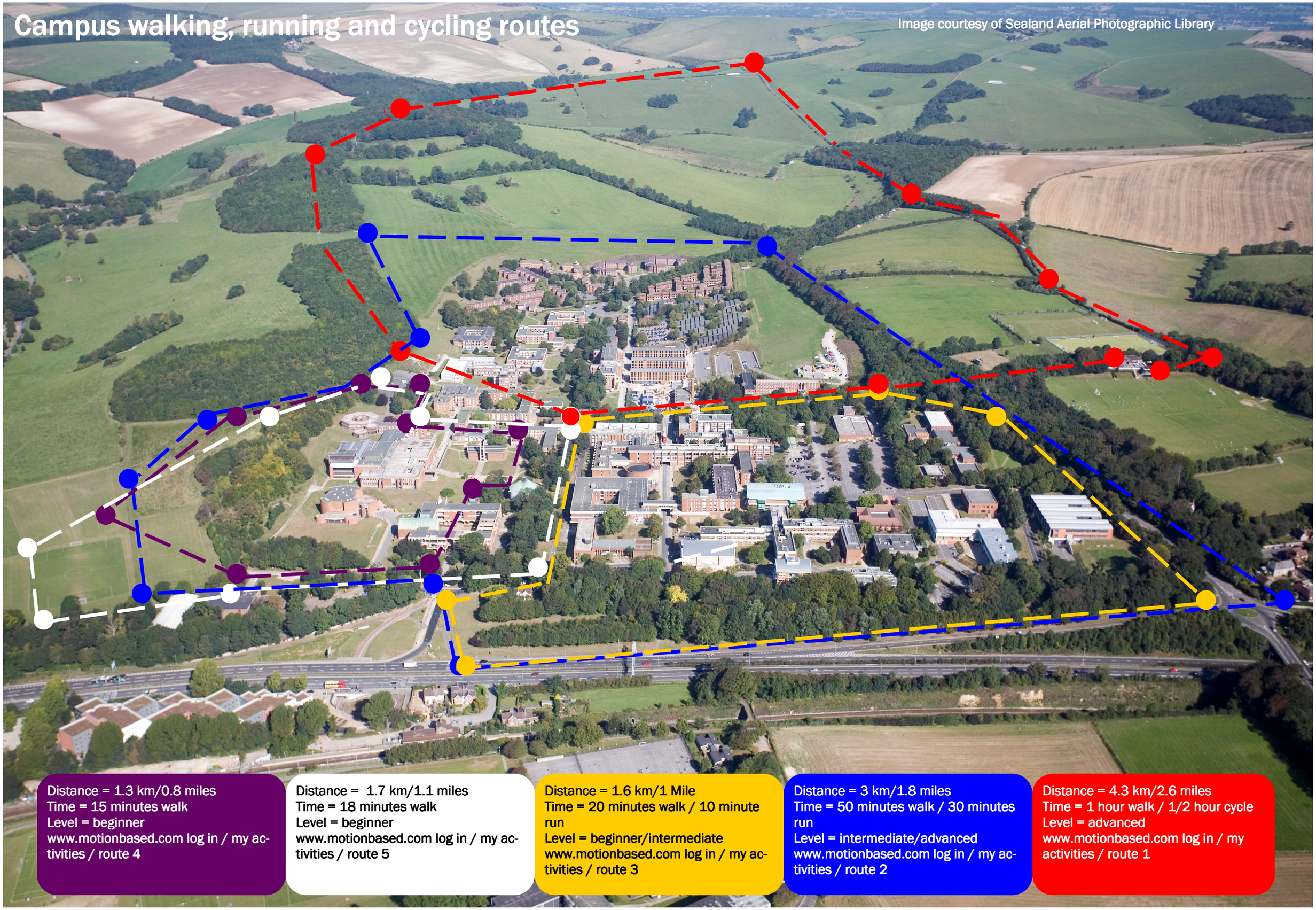
Campus walking, running and cycling routes

Image courtesy of Sealand Aerial Photographic Library



Distance = 1.3 km/0.8 miles
Time = 15 minutes walk
Level = beginner
www.motionbased.com log in / my activities / route 4

Distance = 1.7 km/1.1 miles
Time = 18 minutes walk
Level = beginner
www.motionbased.com log in / my activities / route 5

Distance = 1.6 km/1 Mile
Time = 20 minutes walk / 10 minute run
Level = beginner/intermediate
www.motionbased.com log in / my activities / route 3

Distance = 3 km/1.8 miles
Time = 50 minutes walk / 30 minutes run
Level = intermediate/advanced
www.motionbased.com log in / my activities / route 2

Distance = 4.3 km/2.6 miles
Time = 1 hour walk / 1/2 hour cycle
Level = advanced
www.motionbased.com log in / my activities / route 1