

NTU Mindfulness Walk

City Campus

To engage with the mindfulness walk, please listen along to the podcasts provided, playing each one at the set points.

Full walk

Distance: 1.7 km
Steps: approx. 2300
Time: 30 – 40 mins

Shorter walk

Distance: 1.2km
Steps: approx. 1500
Time: 20 – 30 mins

1 Start at Dryden

Go up Dryden Street, then follow Addison Street towards the Arboretum.

2 Entering the Arboretum

Walk past the Chinese Bell Tower, aviary and pond, through to the Waverley Street exit.

3 Exiting the Arboretum

Go left onto Waverley Street towards NTSU.

4 A choice at NTSU?

For the shorter route turn left on Shakespeare Street to Dryden or for the longer route, continue along Goldsmith Street to extend your walk around the Newton Building. Turn left down Burton Street, then left again down South Sherwood Street.

5 Finish at Dryden

Finish your walk by turning left back towards Dryden.



NTU Mindfulness Walk

What is a mindful walk?

It is walking in a way that can help you to reduce the stresses and strains of a busy day. It involves you observing what is happening around you as you walk, paying attention to what you perceive through your senses. Put simply, it is just walking and noticing.

Tips for Mindful Walking

- Set off at a natural pace, perhaps slightly slower than you normally would and keep away of your surroundings
- Pay attention to what you can see, hear and feel
- Keep returning to your awareness of the present moment
- To find out more tips [click here](#)

Want to know more about what you'll see on the walk?

Arboretum

The park opened in 1852 and was Nottingham's first public park. It has a collection of over 800 trees, some of which are from when they were originally planted in the 19th century. With this large number of trees, it makes sense that the word 'Arboretum' translates to a 'collection of trees' in Latin.

Today the layout of the park is relatively unchanged, providing a key asset to Nottingham's Victorian heritage.



Newton Sedum roof

On the Goldsmith Street side of the building – NTU's sedum roof helps to cool the building in the summer and insulate it in the winter. It supports the city centre's biodiversity and helps to improve local air quality and reduce urban heat output.



Newton Falcons

On the South Sherwood Street side of Newton, the corner at Burton Road end. Look up to level 9 and you may be lucky enough to see Peregrine Falcons flying overhead! If they aren't around, you'll see the cameras that film these beautiful birds and their nest whilst enabling the world to learn about them via Falcon Cam. These protected birds made Newton Level 9 their home almost 20 years ago and have successfully raised over 35 chicks. To find out more and to watch the live webcam click [here](#).



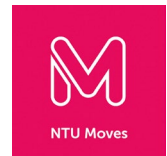
Arkwright building

Built in 1877-81 with an elaborate Gothic design, Arkwright was originally home to University College Nottingham as well as the city library and a natural history museum. It was the learning place of celebrated author D. H. Lawrence. It was also the building where, just over 100 years ago, ground-breaking work by Professor Frederic Stanley Kipping led to the discovery of silicone polymers and spawned a multibillion-pound industry.



NTU moves

Download the NTU Moves app to track your steps and earn points that can be redeemed for NTU merchandise, hot drinks and other offers from NTU outlets.



Click [here](#) for more information.