

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.



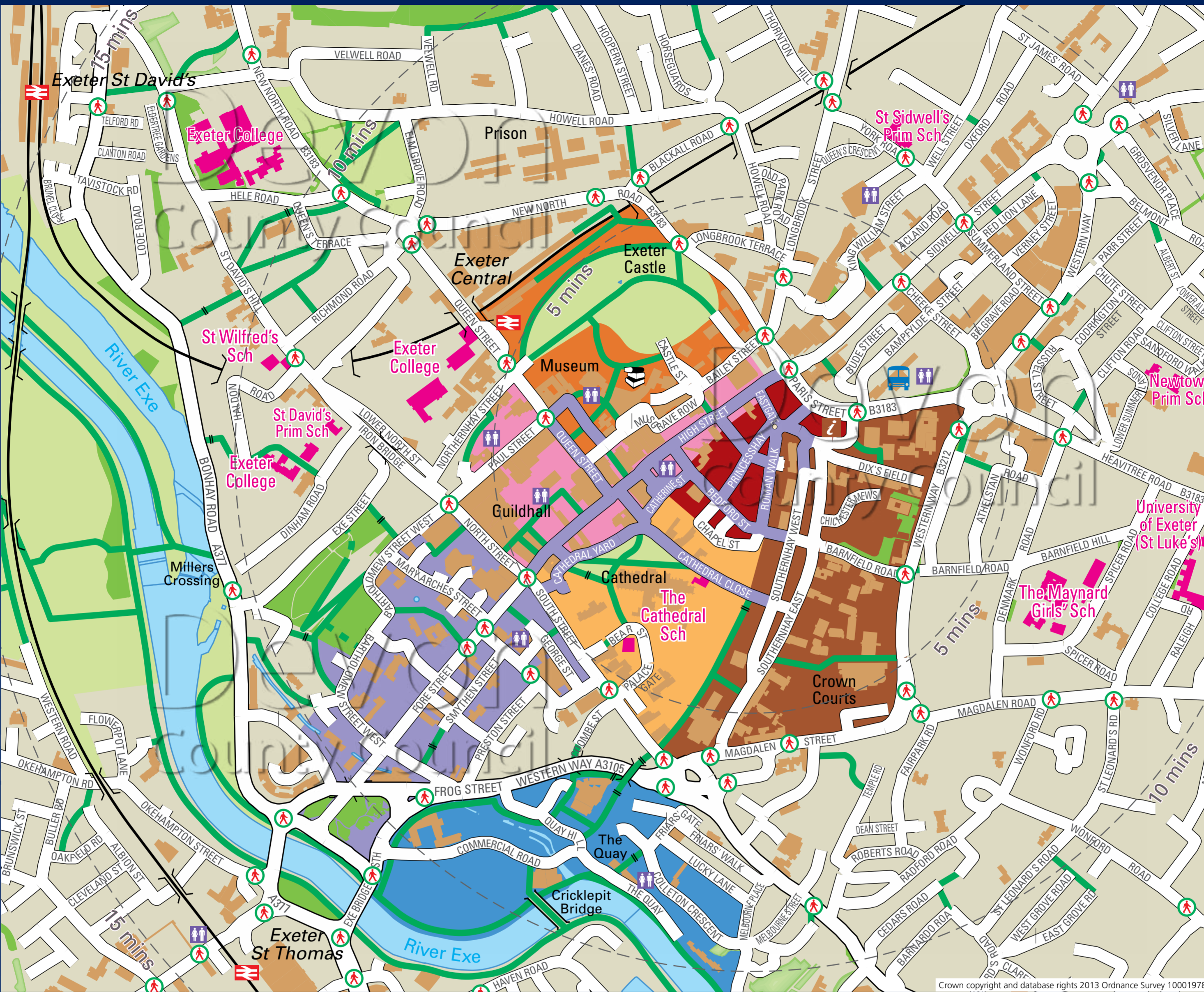
Cost
It's FREE! No fares, no parking fees, no machine to buy and maintain – only an umbrella and sensible shoes.

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 emissions and no special equipment needed. Choose your route carefully and you can avoid the air pollution along the main roads.

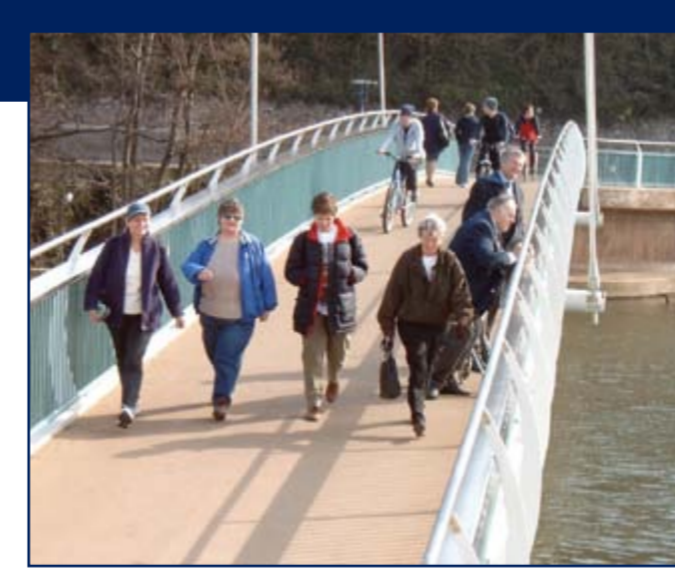


Exeter city centre walking map



10 healthy reasons to walk

- Walking peps you up, gives you more energy and enthusiasm for your leisure when you finish work.
- Walking can help you live longer, helps protect you from heart disease, diabetes, cancer, osteoporosis and much more.
- Walking boosts your brain power, making you mentally sharper, refocuses your mind and improves your concentration.
- Walking can activate the happy hormone which makes you feel good, improves your mood and reduces stress.
- Walking can help prevent gaining weight and helps you to lose weight. You will build healthy lean muscle, lose inches of fat and pump up your metabolism.
- Walking need not require any special equipment, does not produce any additional polluting waste and the only fuel you need is a healthy meal.
- People in cars suffer three times as much air pollution as pedestrians.
- Walking one mile in fifteen minutes burns about the same amount of calories as running a mile in 8.5 minutes.
- 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.
- You can start slowly, build up gradually and do your walking anywhere and at any time.

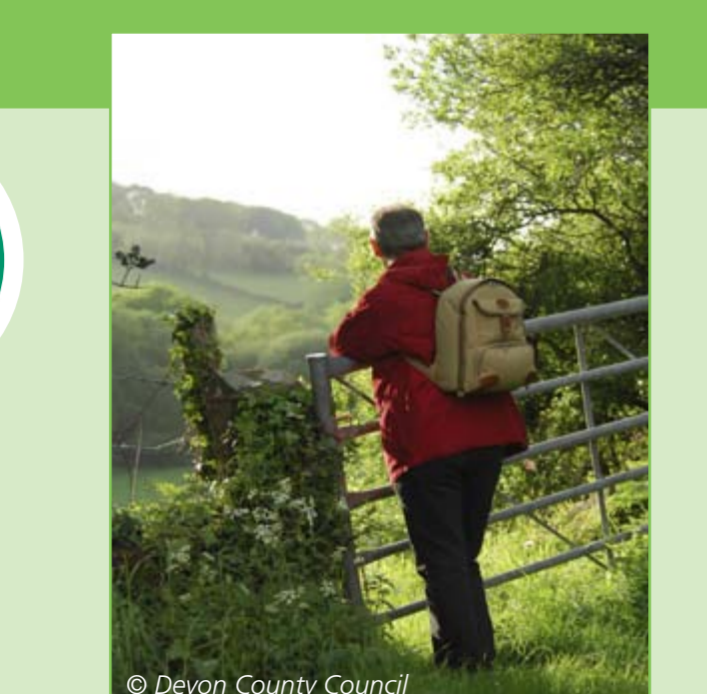


	Surfaced footpaths, surfaced private roads used as public paths, and paths shared with cyclists		Unsurfaced footpaths, bridleways, unsurfaced roads
	Pedestrianised street		School
	Roads, mostly with pavements		Industrial and commercial buildings
	Steps		Visitor Information Centre and Shopmobility
	School		Library
	Industrial and commercial buildings		Bus station
	Visitor Information Centre and Shopmobility		Train station
	Library		Pedestrian crossing
	Bus station		Public toilets
	Train station		The Castle Quarter
	Pedestrian crossing		Princesshay
			High Street
			The Cathedral Quarter
			Southernhay
			The West Quarter
			Quayside

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 tours 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 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 tied into information panels around the city there are the Woollen Trail and the City Wall Trail.

Leaflets on all of these walks are available from Exeter City Council and the Visitor Information Centre.

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



Exeter

Walking map

This map is designed to be useful to anyone finding their way around Exeter on foot, whether on a short trip to the shops or on a longer leisure walk. The larger map shows the street plan of the whole city and its immediate surroundings, plus paths and cut-throughs away from traffic (shown in green). Many of these paths have been well surfaced but those that have not are shown as dashed green lines. The smaller map of the city centre is enlarged to show more detail, such as pedestrian crossings and routes with steps.

Useful contacts

- Exeter City Council:**
Visitor Information
Tel: 01392 665700
www.exeter.gov.uk/tourism
Email: evit@exeter.gov.uk
- General Enquiries**
Tel: 01392 277888
www.exeter.gov.uk
- Devon County Council:**
Public Rights of Way
Tel: 0845 155 1004
www.devon.gov.uk
Email: prouw@devon.gov.uk
- Roads and pavements**
Tel: 0845 155 1004
www.devon.gov.uk
Email: csc.roads@devon.gov.uk
- General Enquiries**
Tel: 0845 155 1015
www.devon.gov.uk
- Sustrans:**
Walking and cycling
Tel: 0845 113 0065
www.sustrans.org.uk
Email: info@sustrans.org.uk

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www.fourpointmapping.co.uk

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