

## Experiential sessions: Morning walk

**Thursday 1<sup>st</sup> and Friday 2<sup>nd</sup> September**

Meet in the lobby of Holland Hall at 6.30 a.m.

Join us on a 45-minute morning walk along the beautiful paths surrounding the University of Exeter's green Streatham campus. Learn how nature walks are good for mental health and wellbeing. A good way to stretch one's legs before the conference.

Distance: The walk is approximately 3km (1.86miles)

Terrain: Surfaced and not muddy unsurfaced footpaths and minor roads.

Level: A strenuous countryside walk, with long gradual hills up and down throughout.

Walk leader: Melissa Marselle

Research Fellow, University of Salford

