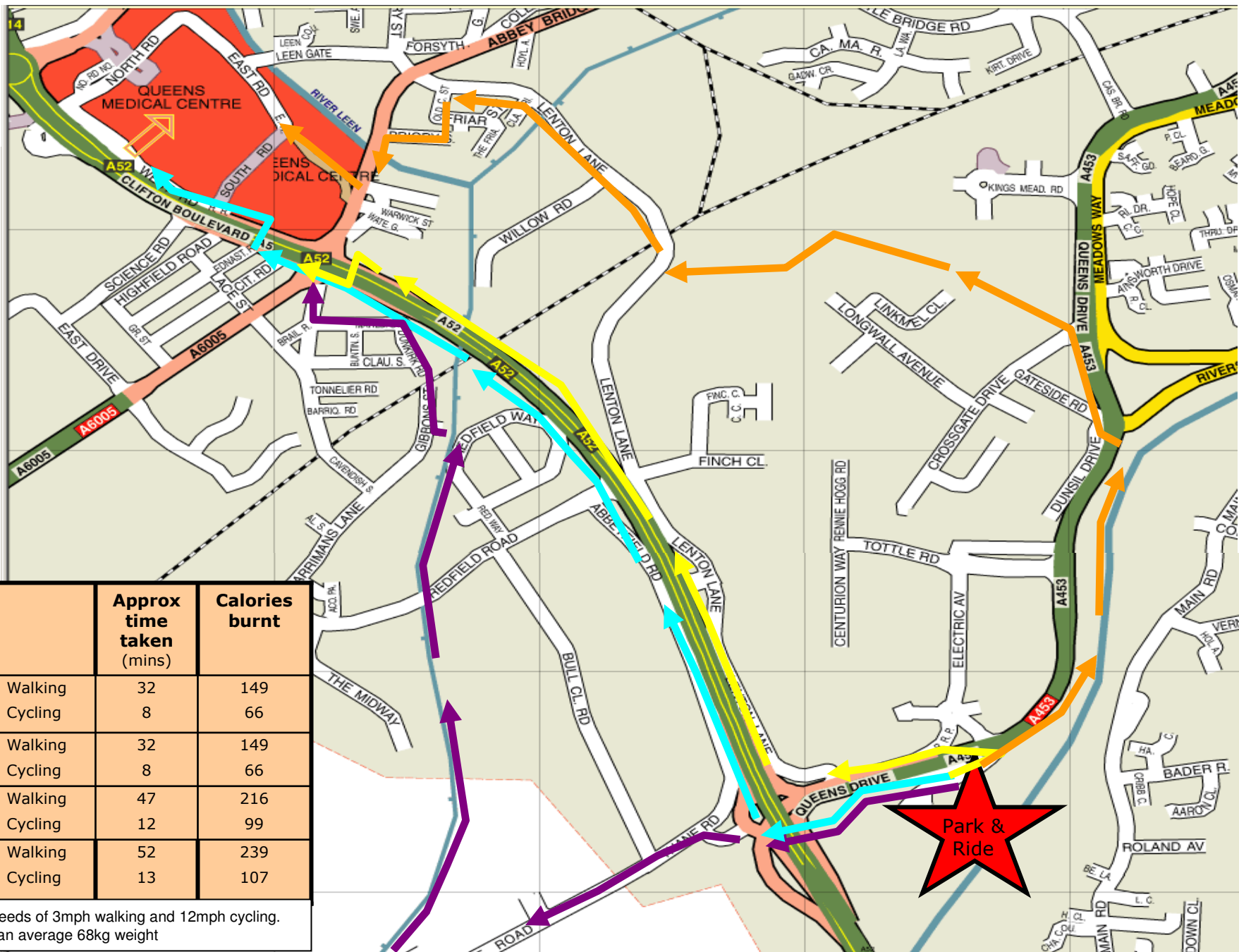

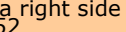






Cycle and Walk routes to QMC from Queen's Drive Park & Ride

Feel better, work better



Route distances (to main entrance)	Miles		Approx time taken (mins)	Calories burnt
Via left side A52 	1.58	Walking	32	149
		Cycling	8	66
Via right side A52 	1.62	Walking	32	149
		Cycling	8	66
Via birdcage walk 	2.33	Walking	47	216
		Cycling	12	99
Via canal 	2.58	Walking	52	239
		Cycling	13	107

Time estimates are based on speeds of 3mph walking and 12mph cycling. Calorie estimates are based on an average 68kg weight