

## Route Number One - 1.1 miles

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### Guidance Notes

How long should it take me?  
A moderate walking pace is approximately 3-4 miles per hour and so you should expect to do route 1 in 15-20 mins.

Lots of factors will affect your walking speed and so these timings are only guidelines. The best advice is to walk briskly, time how long it takes you, and try to walk the route a little faster next time.

### General Advice

Wear appropriate footwear  
Take a small bottle of water with you  
Let someone else know where you are going  
Stop walking if you feel faint or dizzy

