

Knowledge Quarter

Liverpool

Where great discoveries are made

Walking Guide

Walking Information / Journey Planners

→ <https://www.Walkit.com> is a walking route planner which can help you plan walking journeys and lets you know the journey time, calories burnt, step count and carbon saving for a planned journey. You can plan a circular walk based on the duration of journey you are looking for and whether your speed will be gentle, moderate or quick. Why not use this to plan a short lunchtime walk from your workplace?

Wider Travel Planning Information

Call Merseytravel Travel Line on 0151 330 1000 for timetable and ticket information.

Visit www.merseytravel.gov.uk for a range of public transport information.

Search online for the following information:

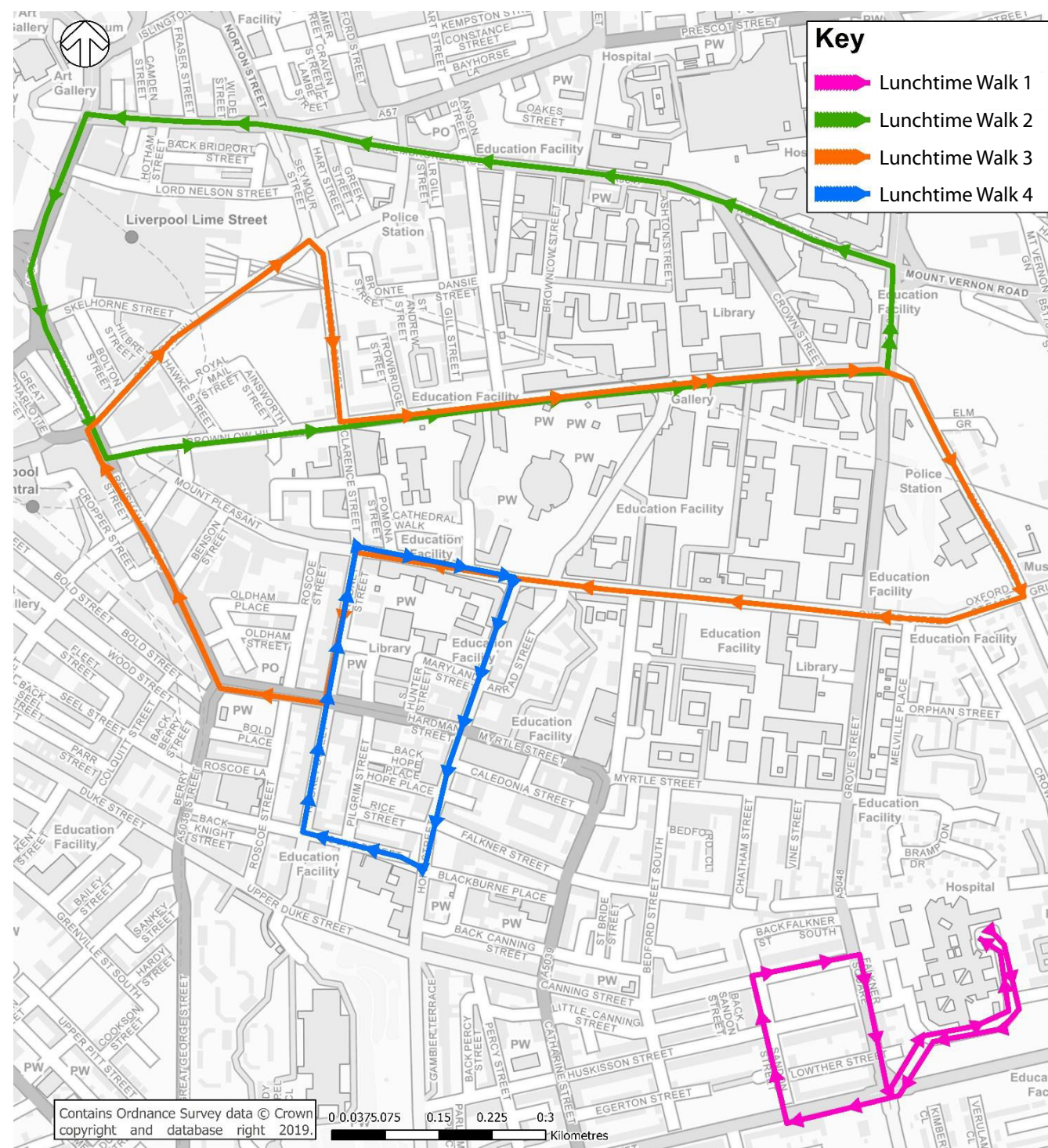
- Merseytravel bus and train routes and maps
- Merseytravel journey planner online
- Merseytravel journey planner app
- Arriva app / Stagecoach app



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Challenge yourself to walk **30 minutes** a day for a week – whether that be during your commute to work, at lunchtime or in your spare time.



	Lunchtime Walks Timetable			
	Lunchtime Walk 1	Lunchtime Walk 2	Lunchtime Walk 3	Lunchtime Walk 4
Duration (mins)	18	39	45	16
Distance (miles)	0.9	1.9	2.2	0.8
Approx. Calories Burned for Average Female (70.2kg / 11st 11lb)	85	183	211	75
Approx. Calories Burned for Average Male (83.6kg / 13st 2lb)	100	217	251	89

Number of calories burned is based on the average male (13st 2lb) and female (11st 11lb), walking at 3mph on level ground. Consult your GP before starting a new exercise regime.

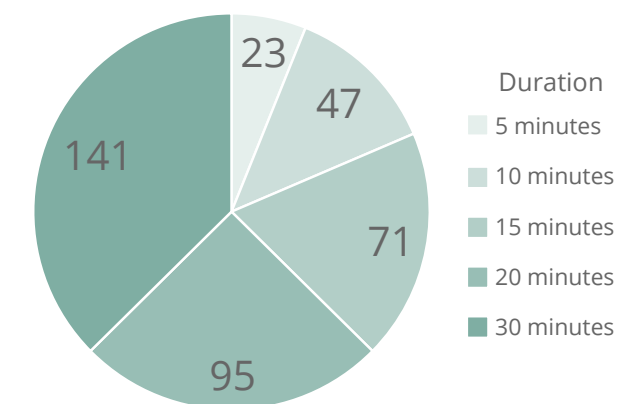
This project is supported by the Department for Transport "Cycling and Walking to Work" Programme Pilot Fund.

Why Walk?

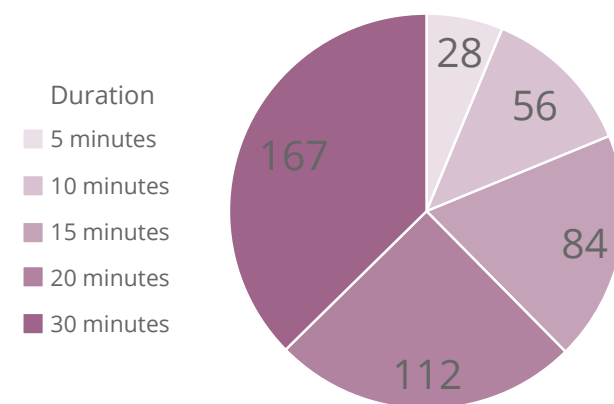
www.walkingforhealth.org.uk



Approx. Calories Burned for Average Female (70.2kg / 11st 11lb)



Approx. Calories Burned for Average Male (83.6kg / 13st 2lb)



No.	KQ Locations
1	Paddington Village
2	University Square
3	Metropolitan Cathedral
4	LJMU Mount Pleasant Campus
5	Sensor City
6	Liverpool Lime Street Station
7	Liverpool Central Station
8	Liverpool School of Tropical Medicine
9	Royal Liverpool University Hospital
10	Liverpool Hope University
11	LJMU Byrom Street Campus
12	Everyman Theatre
13	Liverpool Philharmonic
14	Liverpool Cathedral
15	St Luke's Church
16	Liverpool Women's Hospital
17	Abercromby Square
18	University of Liverpool
19	Liverpool Science Park

Walking Times between Knowledge Quarter Locations (minutes)									
KO Locations	2. University Square	3. Metropolitan Cathedral	6. Liverpool Lime Street Station	7. Liverpool Central Station	9. Royal Liverpool University Hospital	10. Liverpool Hope University	11. LJMU Byrom Street Campus	14. Liverpool Cathedral	16. Liverpool Women's Hospital
2. University Square		3	15	13	12	13	20	16	20
3. Metropolitan Cathedral	3		11	9	12	12	17	15	24
6. Liverpool Lime Street Station	15	11		5	13	14	10	18	30
7. Liverpool Central Station	13	9	5		19	20	13	14	28
9. Royal Liverpool University Hospital	12	12	13	19		7	17	26	26
10. Liverpool Hope University	13	12	14	20	7		14	27	30
11. LJMU Byrom Street Campus	20	17	10	13	17	14		28	39
14. Liverpool Cathedral	16	15	18	14	26	27	28		18
16. Liverpool Women's Hospital	20	24	30	28	26	30	39	18	

Key

KQ Locations

Walking Destination Route

Duration (mins)

Rail Stations

Bus Station

Bus Stop Hubs

CityBike Stations

KQ District

9 minutes to
Edge Hill Station

0 0.05 0.1 0.2 0.3 0.4 Kilometres

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