



Walking Trails across the University of East Anglia campus

Discover UEA's beautiful campus; trails, wildlife and heritage await...

Active Campus; look after your wellbeing and stay physically active by exploring more of the University's beautiful green space.

These six trails, newly waymarked in 2020 to coincide with Sportspark's 20th birthday celebrations, have been implemented for students, staff and the local community to explore the University Campus and learn more about its wildlife and heritage.

Each trail is different, and after just a few walks, you will get active and uncover more of UEA's beautiful campus.



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UEA University of
East Anglia



Pink Trail – catch a glimpse of the action at Colney Fortress; home to the University’s sports teams

Walk along the side lines of the many sports pitches found at the Colney Lane Playing Fields; from the popular rugby and football pitches to the less-traditional lacrosse and baseball.

Walk this route on Wednesday afternoons to see many of our teams in action! Use this scenic route to link up with the University’s West Campus locations such as Norfolk and Norwich University Hospital and Norwich Research Park. This trail also loosely follows the Colney Lane parkrun route, which sees 200 people running, jogging or walking 5km every Saturday morning.

www.parkrun.org.uk

Distance: 2.3km
Approx. steps: 3000
Approx. calories: 120



Green Trail – appreciate striking views of the UEA Broad from every angle

Amble around the well-known feature of the UEA campus whilst taking the time to enjoy the serenity of the vistas across the Broad. On a clear day, you will see Norfolk’s big skies reflected in the Broad, framed by a rich variety of trees with the famous Ziggurats in the backdrop.

Many species of fish live in the Broad, which is one of the reasons you will likely see a few different bird species on your walk. If you are lucky, you might spot a grey heron, or even an otter, fishing for dinner at the water’s edge.

Distance: 1.7km
Approx. steps: 2500
Approx. calories: 100



Blue Trail – enjoy nature in a historic setting and discover the heritage of Earlham Park

Take a step back in time and uncover Earlham Park’s hidden wonders. Originally medieval farmland, the area is now an impressive sloping park boasting 600-year-old trees, an impressive rockery, and 16th Century building Earlham Hall and its gardens.

The UEA Law School now resides there, but it has previously been home to the Gurney family, who co-founded Barclays Bank, and famous social activist Elizabeth Fry, known as the ‘angel of prisons’. Learn more about its history whilst exploring the former rose garden, or take a break from walking and enjoy the peace of the Dutch Garden in Norfolk’s first Silent Space.

Distance: 2km
Approx. steps: 2750
Approx. calories: 110



Orange Trail – weave through tranquil woodland just minutes from the hustle and bustle of the busy University campus

You can observe the colourful change of seasons by revisiting this trail through the year; see the carpet of beautiful bluebells in spring, or a mesmerising display of red, orange and brown in autumn.

The woodland is home to an array of wildlife, and if you listen carefully, you might hear a grey squirrel scurrying up a tree trunk. The trail will also guide you along the tree-lined River Yare; be sure to look out for the herds of rare breed cattle that have been maintaining the marshland since 2012.

Distance: 1.5km
Approx. steps: 2250
Approx. calories: 90



The Purple Trail – find unique works of art at every turn

This circular sculpture trail guides you around many sculptures in the Sculpture Park at the University of East Anglia. Curated by the Sainsbury Centre, sculpture is selected to complement the landscape and listed built environment.

Look out for over 15 incredible works of art by artists including Elisabeth Frink, Antony Gormley and Henry Moore. As well as great art, there is architecture by leading architects such as Norman Foster and Denys Lasdun, and the natural environment, including a number of remarkable ancient oaks.

Distance: 2.3km
Approx. steps: 3000
Approx. calories: 120



The Grey Trail – learn about the University’s famous alumni and many campus hotspots

This route is fully accessible to wheelchair users. For accessibility details of all routes, please visit our website.

This short circular route runs right through the heart of campus. Discover your very own superpower by stopping by the Avengers HQ, channel your inner musician as you admire the Ziggurats, which are featured on the cover of an album by The Streets, or even try your hand at time travel and visit the Drama Studio where UEA graduate Matt Smith studied before becoming the 11th Doctor Who.

Distance: 2.5km
Approx. steps: 3250
Approx. calories: 130

