



ESCAPE THE ROOM

SELF-GUIDED WELLBEING WALK

WELCOME!

Taking time to pause, breathe and reconnect with your surroundings can have a powerful impact on your wellbeing. Set within one of the UK's most beautiful university campuses, this wellbeing walk has been designed to provide a gentle, restorative experience that encourages relaxation, reflection and mindfulness. Royal Holloway's historic Founder's Building sits at the heart of a leafy 135-acre campus, surrounded by green spaces, ponds, woodland paths and open meadows that offer a natural escape from the pressures of study, work and everyday life.

This self-guided route invites you to slow down, become more aware of the present moment and explore some of the campus's most peaceful locations. Along the way, you will find a series of thoughtfully selected stopping points, each offering an opportunity to pause, reflect and engage in simple wellbeing activities designed to reduce stress and improve focus.

Whether you are a student, member of staff, visitor or local resident, this walk can be enjoyed at your own pace. You may choose to complete the full route in around thirty minutes or simply visit one or two locations whenever you need a moment of calm.

As you begin your journey, remember that there is no right or wrong way to experience this walk. Allow yourself the time and space to notice the beauty around you, breathe deeply, and enjoy the restorative benefits of movement and nature.

Take a deep breath, slow your pace, and let the campus guide you towards a moment of calm.

"The journey itself is an opportunity to pause, reflect and recharge."



1. Founders Square

Recommended Time: 5 minutes

Begin in front of the iconic Founder's Building, by the main Networking Hub for the BAM2026 Conference. Take a moment to stand still and appreciate the architecture and open space around you. The building was inspired by French château architecture and sits at the heart of the campus.



Wellbeing activity

- Take 5 slow breaths.
 - Notice three things you can see, hear and feel.
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2. Canada Copse Pond

Recommended Time: 10 minutes

Proceed towards Canada Copse Pond, one of the most tranquil spots on campus. Trees and water naturally encourage relaxation and can help reduce mental fatigue. The pond sits adjacent to woodland and quieter pathways.



Wellbeing activity

1. Sit if possible.
 2. Watch the water for two minutes.
 3. Focus only on movement and reflections.
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3 & 4. Founder's Pond and Founder's Field

Recommended Time: 10 minutes

Continue south towards Founder's Pond and the open field areas. The combination of water, open sky and expansive grass creates an excellent setting for stress relief and perspective taking.

Wellbeing activity

- Stand facing the open field.
- Take ten slow breaths.
- Relax your shoulders and jaw.



5. Founders Clock Tower and Main Entrance

Recommended Time: 5 mins

Take a moment to take in the view of the main entrance to Royal Holloway and the Founders Building historic Clock Tower.

Mindful prompt

Consider your place in the history of this great location



6. North Quad

Recommended Time: 5 minutes

Walk through the grounds into the North Quad.
The enclosed green space provides a sense of calm and separation from academic pressures.

Mindful prompt

"What can I leave behind for the next hour?"

Walk slowly around the perimeter before continuing.

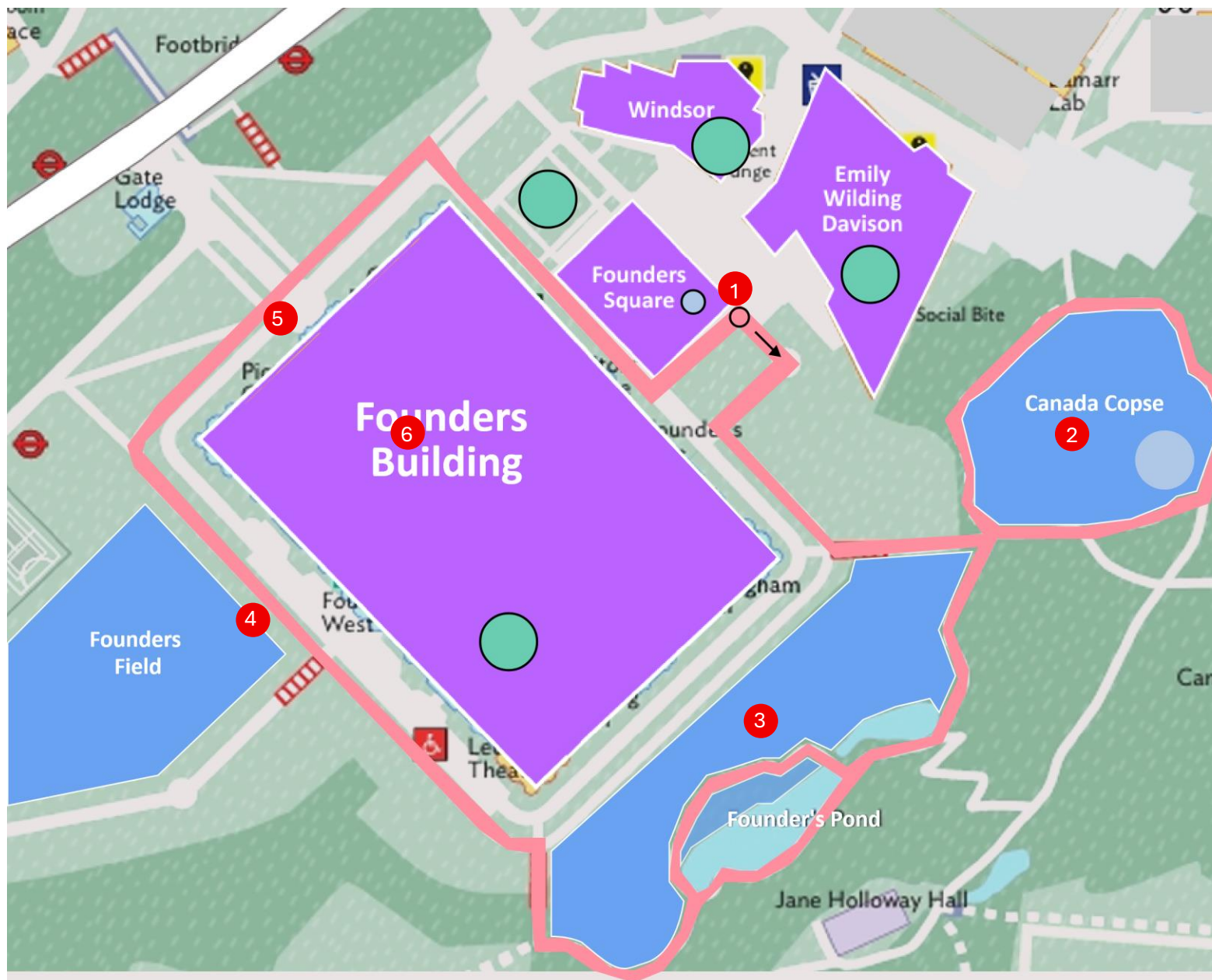


Founder's Square

Return to Founder's Square.

These historic surroundings provide a peaceful space to conclude the walk before returning to study or work.

- Closing reflection
- One thing I'm grateful for.
- One thing I'm looking forward to.
- One thing I will do kindly for myself today.



CHILL ZONES

-  FOUNDERS SOUTH QUAD
-  WINDSOR (FIRST FLOOR)
-  EWD - FIRST FLOOR - LIBRARY
-  UPPER FOUNDERS SQUARE

WELLBEING

-  WELLBEING TREE
-  WELLBEING WALK START/FINISH
-  WELLBEING WALK ROUTE
-  NATURE SPACES

BAM 2026
CONFERENCE



WELLBEING MAP