



Dommel

Cows, batcave,
frog pond, river
2,43 km / 3100 steps / 27 min.



Sports Forest

Discovery Forest, cricket pitch,
MTB track
1,92 km / 2500 steps / 20 min.



Heather

Sand martin wall, forest,
heather landscape
2,2 km / 2900 steps / 22 min.



Lake

Farm, community garden,
bees, boardwalk
1,83 km / 2400 steps / 20 min.

A Work Walk is a healthy and great way to...

Do business: walk & talk

Invite your colleagues or clients and get to know each other better. Efficiently organize 20–30 minute meetings to achieve your daily steps.

Reduce stress & improve productivity

A Work Walk is the perfect way to relax and get rid of daily stress. The exercise-induced endorphins help you feel better and increase your productivity.

Boost your creativity

Research shows that walking increases creative output and inspiration by 60 percent. This creative boost also continues for a few minutes after the walk.

Discover new places

The Campus is a vibrant place. By regularly changing routes, you can discover something new every day.

Improve your health

Being active helps lower your blood pressure and cholesterol, and reduces your risk of future heart problems.

Increase your energy level

Going for a Work Walk when you're tired is a more effective energy boost than grabbing a cup of coffee. Walking increases the flow of oxygen through your body.

Which Work Walk do you choose today?



Work walk

Improve your health,
mood & productivity

Do a Work Walk every day!

Work Walk is a vitality concept that helps to improve your quality of work and life.

Discover more insights and benefits at:
www.hightechcampus.com/workwalk

We developed our Work Walks
in collaboration with:



4 beautiful routes for you to enjoy

At the Campus, there is visual
signing on all routes that will
guide you in the right direction.



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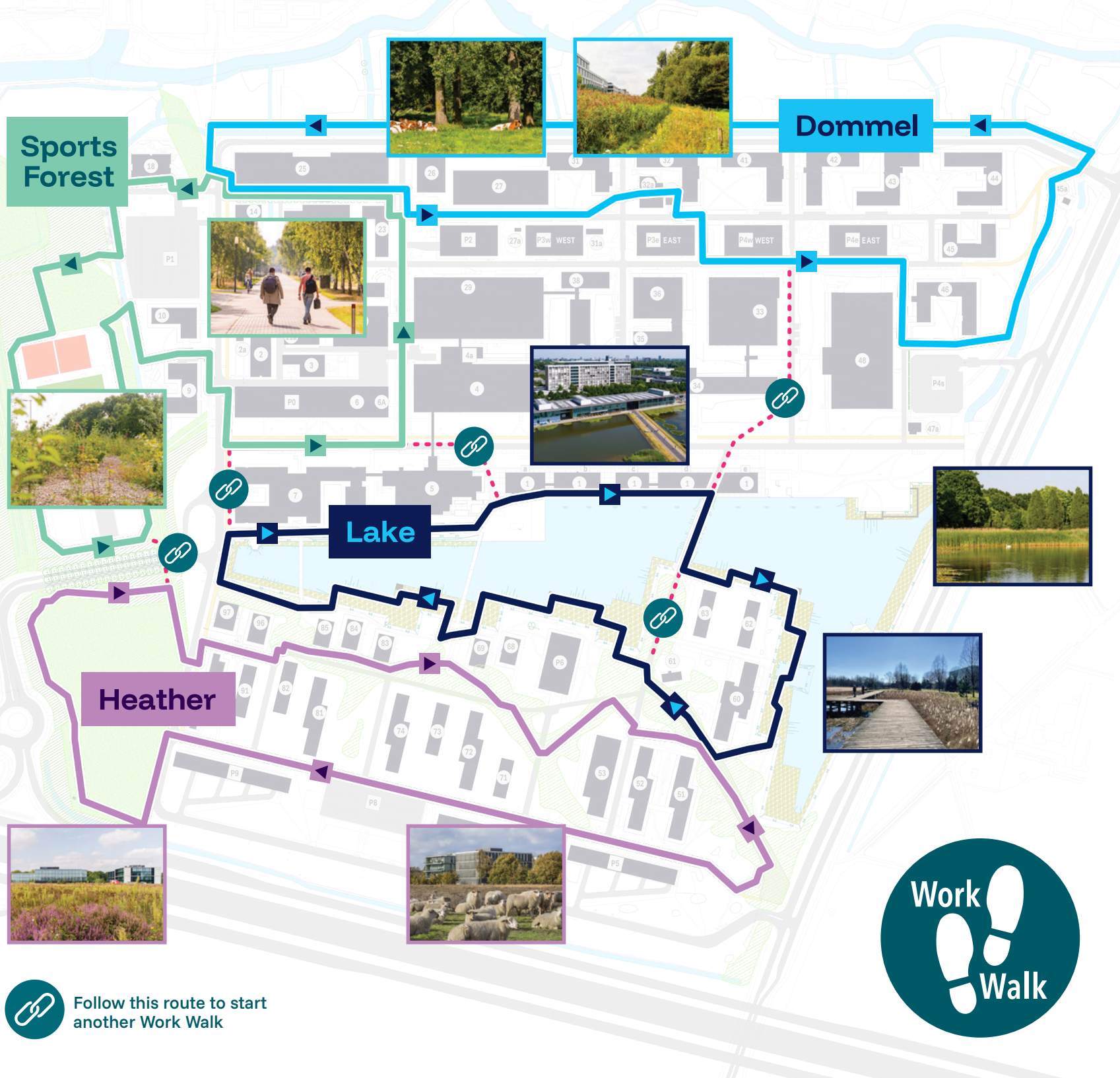
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Follow this route to start
another Work Walk

