

Swansea University lies on the boundary of the Gower Peninsula - the UK's first designated Area of Outstanding Natural Beauty (AONB). The campus itself is a wildlife corridor in the Swansea Bay region, enabling animals to move between surrounding grasslands to freshwater ponds; they all provide shelter and food for all manner of life. Let the Nature Trail show you where!



The Nature Trail is a joint Biosciences and Sustainability initiative to encourage staff, students and visitors to utilise the campus grounds to stretch their legs and get some fresh air. Give it a whirl and let your mind and body benefit!

Just 30 minutes of moderate exercise (walking counts!) five days a week can...

Improve fitness

Reduce stress

Stimulate positive mental health

Lower blood pressure

For more information on sustainability & wellbeing initiatives, contact: [sustainability@swansea.ac.uk](mailto:sustainability@swansea.ac.uk)

Watch out for future trails... coming soon!

[www.swan.ac.uk/sustainability](http://www.swan.ac.uk/sustainability)

# The Singleton Campus Nature Trail

Approximately 30 minutes



Take some time out and discover some of the amazing biodiversity here on campus



Swansea University  
Prifysgol Abertawe



