

**UEA
IS YOURS
TO ENJOY**



Mapping Nature, Fitness and Culture on your doorstep

There is so much to enjoy at UEA

What will you find?

Discover the University of East Anglia beyond the classroom, with endless opportunities waiting to be explored. The campus offers multiple facilities and activities, open to all, and catering to a wide range of interests.

Immerse yourself in the vibrant cultural scene at The Sainsbury Centre, or get advice at UEA's Law and Business Clinics. Get active at UEA's Sportspark, with its flexible membership options, or take a break and unwind on one of the many picturesque walking trails, and spot the variety of wildlife that calls UEA home.

Join us at the University of East Anglia and discover what we have to offer!



FOOD AND DRINK

Enjoy the diverse selection of catering options available at UEA. The campus features several cafés, including Ziggy's, serving fresh sandwiches, hot meals, and snacks. Blend offers a wide variety of coffees and pastries, whilst Unio in the Hive offers food and drink with an Asian-inspired twist. For those wanting a more substantial meal, Zest provides a rotating menu of international cuisines or grab a pizza at The Box. Sportspark has both hot and cold meals for after an intense exercise session or enjoy a sub and salad at Café 57. The Sainsbury Centre holds two cafés, with both the Modern Life Café and The Terrace allowing space to relax after wandering around the museum.



Sportspark has something for everyone

Sportspark offers a variety of facilities, including a 50m swimming pool, a fully equipped gym, an indoor climbing wall, football pitches, an athletics track, and courts for basketball, badminton, tennis, volleyball, and more.

Alongside its diverse range of fitness classes, group exercises, and specialised programs (e.g. Fitness in Later Life and the Inclusive Sports Club for those with disabilities), the Sportspark boasts an Olympic-standard Gymnastics Centre offering sessions for all ages, from babies upwards.

Take part in sports leagues, allowing people of all fitness levels to compete and have fun whilst making friends in a vibrant sports community. Holiday clubs and swimming lessons are perfect for little ones, and family-friendly activity programs are available for all to enjoy.

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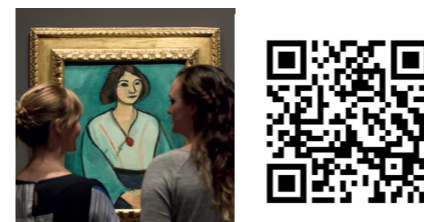


The Sainsbury Centre is a world class art museum on campus

Our Universal Ticket grants access to the permanent collection and all galleries on a 'Pay If and What You Can' basis. Plus, explore for free:

- Daily guided tours of exhibitions and the permanent collection
- Outdoor sculpture park with guided trails for families
- Sensory bags available for children to borrow whilst exploring
- Family Sundays on the first Sunday of each month
- Audio tours allowing you to explore at your own pace using the free Smartify app
- Museum shop with beautifully selected gifts and cards
- Free parking available

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The UEA library is open to all

The UEA Library is home to thousands of resources and state-of-the-art study spaces, providing a welcoming environment for students, staff, and visitors.

Open from 6am to 8pm for visitors, the library features a range of facilities, including free wifi, charging points for devices throughout and hot water stations for refreshments.

Visitors can also explore the fantastic archives and special collections by booking an appointment. Meeting rooms are available, as well as various study spaces to suit your needs.

External membership options ensure that everyone can take advantage of UEA's incredible resources and vibrant learning environment.

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Get free legal advice from UEA's Law and Business Clinics

The UEA Law Clinic offers free legal advice to individuals on 14 different areas of law, including debt, housing problems, homelessness, family law, domestic abuse, employment and discrimination, welfare benefits appeals, and immigration. Find out more using the QR code below.

Once a month, we also run a free Business Clinic, providing advice to local businesses, as well as free workplace mediation services.

We work alongside Norfolk Community Law Service, Shelter, Equal Lives, Norfolk Community Foundation, Birketts Solicitors, Morgan Lewis, and Menta, and offer outreach and training to schools and community groups.

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Of the Region, for the World. Of the World, for the Region.

As a civic university, UEA is dedicated to listening to the voices of our region, developing partnerships, and sharing solutions to enhance the lives of our citizens. Our mission is to nurture our community by making UEA's expertise and resources accessible to all.

Launched in October 2023, the UEA Civic Charter outlines our values, principles, and commitments for the future. Developed through public events across Norfolk and Suffolk, the Charter reflects our history and our ongoing dedication to East Anglia, from 1963 to the next 60 years and more.

We welcome individuals and organisations to join us in shaping the future by signing the UEA Civic Charter. Many organisations have already shown their support by signing, including Norwich City Council, Norfolk Community Foundation, Norwich City Football Club, and Adnams. You can do the same by scanning the QR code below or searching "CivicUEA sign the charter."



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UEA IS YOURS TO ENJOY

Choose from one of six wildlife trails.

All trails ranging from 1.5-2.5km in length and pass through many different habitats alongside the River Yare, UEA Broad and wider campus. Spring and summer habitats provide havens for swifts, green woodpeckers, butterflies, dragonflies and orchids.

Autumn and winter months provide opportunities to see kingfishers, little owls, redwings and sometimes, even otters!

The UEA campus is open all year round, so you can explore its natural beauty during all seasons, come rain or shine.

Norwich Research Park
Norfolk and Norwich University Hospital

- KEY**
- Bus stop
 - P1** Main Car Park
 - P2** Central Car Park
 - P3** Sainsbury Centre Car Park
 - P4** North Park Avenue Car Park
 - I1** Grain
 - I2** Sportspark
 - I3** Zest, Blend, Vista
 - I4** Unio, Box
 - I5** Ziggy's
 - I6** Atrium Café
 - I7** Modern Life Café, The Terrace
 - I8** Café 57
 - S** Sculpture
 - Trail



1 WEST CAMPUS TRAIL

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

Access of trail
Unfortunately this route is not suitable for wheelchair users due to steep terrain.

Distance: 2.3km
Approx. steps: 3000

2 WOODLAND TRAIL

Walk through mature woodland home to an array of wildlife – just minutes from the University campus. The trail will also guide you along the tree-lined River Yare; be sure to look out for herds of rare breed cattle that have been maintaining the marshland since 2012.

Access of trail
Unfortunately this route is not suitable for wheelchair users due to steep terrain.

Distance: 1.5km
Approx. steps: 2250

3 UEA BROAD TRAIL

Enjoy the striking views of the UEA Broad overlooked by the striking architecture of the Ziggurats. Many species of fish live in the Broad, which is one of the reasons you will likely see many 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.

Access of trail
Some uneven terrain so please be careful.

Distance: 1.7km
Approx. steps: 2500

4 SCULPTURE PARK TRAIL

Curated by The Sainsbury Centre, sculpture is selected to complement the landscape and the UEA campus. Look out for over 15 incredible works of art by artists including Elisabeth Frink, Antony Gormley and Henry Moore. Many of the campus buildings are worth a second look – designed by leading architects such as Norman Foster and Denys Lasdun, and set within stunning natural ecosystems, including beautiful ancient oaks.

Access of trail
Unfortunately this route is not suitable for wheelchair users due to steep terrain.

Distance: 2.3km
Approx. steps: 3000

5 EARLHAM PARK TRAIL

Earlham Park was originally Medieval farmland, featuring 600-year-old trees, a rockery, and the 16th Century building Earlham Hall and its gardens. The UEA Law School now resides there, but it has previously been home to the well-known Norfolk Gurney family, and famous social activist Elizabeth Fry. Explore the former rose garden or take a break from walking and enjoy the peace of the Dutch Garden in Norfolk's first Silent Space.

Access of trail
Not suitable for wheelchair users.

Distance: 2km
Approx. steps: 2750

6 UNIVERSITY TRAIL

This short circular route runs right through the heart of campus. Visit the Sainsbury Centre (and Avengers HQ), admire the Ziggurats, which are featured on the cover of an album by The Streets or even try your hand at time travel and wander past the Drama Studio where UEA graduate Matt Smith studied before becoming the 11th Doctor Who.

Access of trail
For stair-free access, follow the orange dashed lines painted on the ground around campus.

Distance: 2.5km
Approx. steps: 3250



How to Get to UEA

BY BUS

Getting to UEA is a breeze with local bus services:

- **First Bus** Service 25/26 runs frequently from Norwich Railway Station, passing through the city and stopping directly on campus.
- **Konect Bus** 512 operates hourly between Hellesdon, UEA, and the NNUH, starting from Norwich Airport Park & Ride.
- **Park and Ride** Bus Service 511 from Costessey Park and Ride. Free service running Mon-Fri (excluding Bank Holidays), travel time approximately 15 minutes.

BY CAR

Driving to UEA? Enjoy a £1 flat fee for parking at weekends and bank holidays in the main car park. For parking charges during other times, please use the QR code below.

BY BIKE

Cycle your way to UEA using the '**Pink Pedalway Route**', an eight-mile path connecting the Norfolk & Norwich University Hospital and UEA to the city centre and beyond. UEA supports cycling with plenty of cycle racks across campus, including some undercover options to keep your bike protected. Additionally, Beryl Bikes are available for rent in 13 bays across the campus. Don't forget our Dr Bike Cycle Workshop, including a free-to-use DIY area with tools and pumps for basic bike maintenance.

Disclaimer: Information/Prices correct at time of publication. Please check our website for the most current details.

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University of East Anglia
Norwich Research Park, Norwich, NR4 7TJ

Visit uea.ac.uk | Call 01603 456161