

Walking Routes campaign launches to improve wellbeing, connection to nature

Sydney, 24 October 2023: To help support the physical and mental wellbeing of workers and take advantage of the green and sustainability qualities of its precincts, Lendlease has launched Walking Routes across its commercial assets and precincts in Sydney and Melbourne.

The initiative, developed in collaboration with JLL, was inspired by a survey of Lendlease office tenants that found 68 per cent of respondents highly valued access to outdoors and green spaces when looking at workplace location and amenity.

In response, five individual walking trails ranging from 10 to 60 minutes in duration have been designed across Lendlease owned and managed commercial precincts including Barangaroo, Sydney Place, One O'Connell, Darling Quarter and Darling Square in Sydney, and at Melbourne Quarter and 485 & 469 La Trobe in Melbourne. Tenants are encouraged to use the trails for walking meetings, physical exercise, personal reflection and to learn more about First Nations landmarks within and surrounding the precincts.

The Walking Routes can be accessed via workplace digital platforms, which include details on each route such as featured landmarks and a link to Google Maps so they can navigate the path on their phone.

The launch of Walking Routes coincides with Mental Health Month in October. As part of the two-week launch campaign, people can take part in a series of wellbeing activities including guided walking tours, competitions and a wellbeing workshop run by a leading sports psychologist.

Quote attributable to Scott Meehan, Head of Asset Management, Lendlease Investment Management

“We know tenants are looking for access to nature, public space and fresh air in the workplace as they prioritise health and wellbeing, so it’s important we look at our natural assets in our places and find ways to connect people to them.

“These walking routes aim to promote physical and mental wellbeing within our communities, as well as connection to country, to enhance the overall experience for our customers.”

Quote attributable to Hayley Di Martino, Account Director, JLL

“This collaboration exemplifies our joint commitment to creating engaging, healthy workplaces for our customers. Our teams’ local knowledge creates opportunities to showcase the hidden gems in the precincts we manage for Lendlease, particularly First Nations landmarks and places of historical significance.”

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