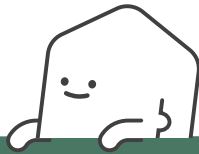


15-MINUTE WALKING MEETING ROUTE AT THE PARQ

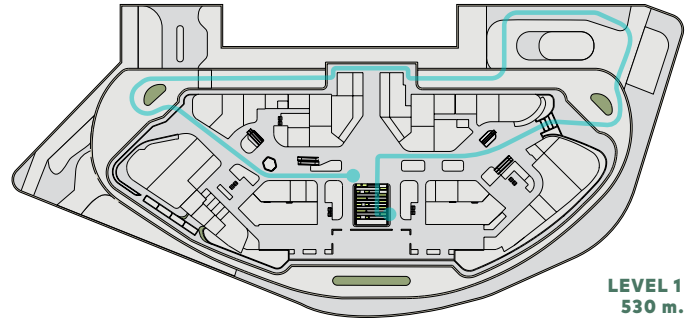


A small break for a walk helps to relieve your body and mind of stress. This short walking meeting route starts from **Q Steps** area in the retail zone which is equipped with Stair Seating and charging ports where you can sit and talk while charging your devices. The route then takes you around the building areas, both indoor and outdoor. On the ground floor, you will experience both the environment within the building and feel the movement around you. The walking path in **Q Garden** on the third-floor offers you tranquility to boost your physical and mental health. The garden seating provides the opportunity to sit for a while and enhance your focus.

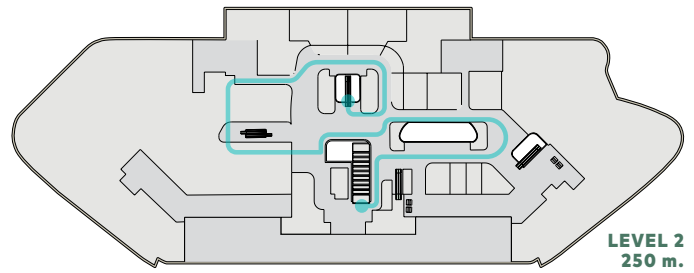


Duration:	Minimum 15 minutes
Total Distance:	1 kilometer
Total Steps:	1,312 steps
Stairs:	Yes
Accessibility:	Partial (Ramp & Escalator)
Caution:	Internal Road Crossings

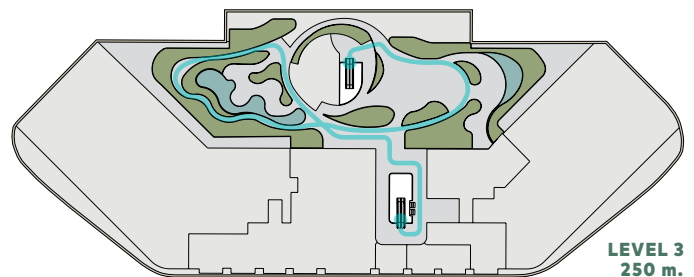
ROUTE MAP



LEVEL 1
530 m.



LEVEL 2
250 m.



LEVEL 3
250 m.

Q GARDEN



Q STEPS



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