

Supplementary Materials



Figure S1. The walking course in Athens. Map data ©2021 Google.



Figure S2. The walking course in Tatoi forest. Map data ©2021 Google.

**Table S1.** Pre- and post-walking results for the city and forest environment, for SBP, DBP, PR, and SC.

|     | Pre- and post- tests<br>comparison in the<br>city |                                |        |         | Pre- and post- tests<br>comparison in the<br>forest |                                |       |         | Post- tests<br>comparison between<br>locations |         |
|-----|---|--------------------------------|--------|---------|---|--------------------------------|-------|---------|--|---------|
|     | City  |                                | t      | p       | Forest  |                                | t     | p       | t  | p       |
|     | Pre- test<br>Mean $\pm$<br>SE                     | Post- test<br>Mean $\pm$<br>SE |        |         | Pre- test<br>Mean $\pm$<br>SE                       | Post- test<br>Mean $\pm$<br>SE |       |         |  |         |
| SBP | 123.6 $\pm$ 2.9                                   | 120.2 $\pm$ 2.8                | 1.472  | 0.155   | 124.8 $\pm$ 2.7                                     | 117.6 $\pm$ 2.5                | 3.563 | 0.002** | 1.145  | 0.264   |
| DBP | 74.9 $\pm$ 1.9                                    | 73.5 $\pm$ 1.7                 | 0.922  | 0.366   | 74.3 $\pm$ 1.9                                      | 71.5 $\pm$ 2.1                 | 2.625 | 0.015*  | 1.143  | 0.265   |
| PR  | 74.7 $\pm$ 2.6                                    | 74.9 $\pm$ 2.3                 | -0.264 | 0.794   | 69.5 $\pm$ 2  | 65.9 $\pm$ 1.9                 | 2.992 | 0.007** | 3.729  | 0.001** |
| SC  | 0.3 $\pm$ 0.03                                    | 0.2 $\pm$ 0.02                 | 3.716  | 0.001** | 0.2 $\pm$ 0.02                                      | 0.1 $\pm$ 0.01                 | 3.518 | 0.002** | 2.597  | 0.016*  |

Note: SBP: Systolic Blood Pressure, DBP: Diastolic Blood Pressure, PR: Pulse Rate, SC: Salivary Cortisol, N = 24, \* $p < 0.05$ , \*\* $p < 0.01$  by paired samples t-tests.