3 short Health Walks (see insert map).

Exploring your local park is an excellent way of improving your health and well-being. Taking a brisk walk through the park burns the same amount of calories as a run over the same distance. It is an activity that the whole family can enjoy and best of all it’s free.

Victoria Park’s Health Walk routes are designed to allow the user to pick and choose the level of exercise which they feel comfortable with.

Just follow the waymarkers for your selected route. As all the routes are circular, you can start this route at any point.

Please be careful crossing the roads. Some routes go over roads.

Register for free today. Once you are a member, all our ‘Up and Active’ activities are free, or cost just £1.00.

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