



Knighton Park Health Trails



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|---------------------------|-----------------------------|
| 1 Green Cabin | 6 Play Area |
| 2 Sensory Garden | 7 Outdoor Gym |
| 3 Heath Garden | 8 Pitch & Putt |
| 4 Knighton Spinney | 9 Events Field |
| 5 Tennis Courts | 10 Football Pavilion |

-  Toilets
-  Picnic Area
-  Cycle Route
-  Car Parking
-  Entrances
-  Spinney Entrance

-  1.61 km (1.00 mile) 1 lap
-  5.00 km (3.11 miles) 2 laps