

Run, Jog, Walk Watermead Country Park

Being physically active can help us lead healthier lives. Regular physical activity can reduce the risk of many health problems.

SOME SIMPLE INSTRUCTIONS TO GET YOU STARTED...

- Choose your route from the map.
- Start slowly and gradually increase your pace.
- Towards the end, gradually slow down your pace to cool down.
- Finish off with a few gentle stretches, which will help improve your flexibility.

1	Bird Feeding Platform	5	Nature Lake
2	Mammoth	6	Bird Hide
3	Climate Trail	7	Birstall Lock
4	Meadow	8	Mammoth Lake
		9	Tern Island



	Picnic Area		Disabled Parking
	Cycle Route		Entrances
	Car Parking		Climate Trail start
	AED Defibrillator		

1.5km (0.95miles)

1.6km (1mile)

3.0km (1.9miles)