

RUN, JOG, WALK SPINNEY HILL

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	Infinity Garden	8	Gym
2	Bowling Green	9	Play area
3	Bowling Clubhouse	10	Cricket Wickets
4	Multi Use Games Area	11	Pavilion
5	Old Park Lodge	12	Viewing Platforms
6	Adventure Playground	13	Police Station
7	Victorian Drinking Fountain	14	Woodland Walk

Toilets
 Entrances



Leicester
City Council

0.62km (0.39miles)
 0.81Km (0.50miles)
 1.10km (0.68miles)
 1.41 km (0.87miles)

