

A Stroll from Saffron Children's Centre

Start location: Saffron Children's Centre, The Crossway, Leicester.

Time: 45 minutes (approximately)* **Distance:** 1.5 miles 2.3 km **Circular route**

For the extended route, allow an extra 15 minutes 0.5 miles 0.8 km

Description: A short walk of between 1.5 to 2 miles visiting Aylestone Recreation Ground with activities along the way. As you walk try out the physical challenges and the observation activity - can you spot something in each colour of the rainbow?



- Orange line: Main route
- Purple line: Extended route
- Circle with number: Stage / waypoint
- Red triangle: Point of interest

*Time is calculated at a steady pace of 2mph

This route was developed by staff and volunteers for Leicester City Council:
www.choosehowyoumove.co.uk/walks



Walk starts:

Outside Saffron Children's Centre, The Crossway, Leicester, LE2 6QW.

Safety tips:

Take care crossing roads, especially busy Knighton Lane East (use the pedestrian crossings).

Watch out for cyclists within the parks and motor traffic in the leisure centre car park.

Rainbow activity:

As you walk, look out for colourful objects. Can you spot something in each colour of the rainbow?

Red...

Orange...

Yellow...

Green...

Blue...

Indigo...

Violet...

Route directions:

1. Leave the centre and turn left to the main road, opposite the shops. Turn left along The Fairway. Soon, cross to the opposite side via the traffic island and continue in the same direction.
2. Turn right into Bloomfield Road and continue to the next junction. Cross Heathcott Road (buggy users may prefer to turn right along Heathcott Road to cross where there is a dropped kerb, then turn left on the far side to return to the junction). Continue on Bloomfield Road to the next junction. Turn right along Copinger Road and continue until just before the road bends.
3. Cross the road with care to enter Aylestone Recreation Ground via the gate. Take the path ahead, parallel to Whittier Road. At the corner of the park, turn left to continue within the park, parallel to Knighton Lane East.
Activity: Skipping challenge. Take turns with members of your family to skip along this section.
4. At the corner by Saffron Lane, you have the option to extend the route.

Extended route.

4a. Exit the recreation ground at the gates. Use the pedestrian crossings to cross Knighton Lane East towards Aylestone Leisure Centre and Library. Enter the car park and bear right towards the blue doors at the end of the leisure centre. Between the building and low wall, pick up the path which skirts the edge of the leisure centre. Follow the path where it turns left along the building, with the car park on your right.

4b. Just before the end of the building, turn right to cross the car park. Follow the path along its edge. Pass a bollard and cross a small stream (Washpit Brook) to enter green space - Aylestone Recreation Ground North.
Activity: At the bridge over the stream, try a game of 'Pooh Sticks' (as played by character Winnie the Pooh with his friends). Each person drops a small twig over one side of the bridge and the winner is the person whose stick emerges first on the other side.

Continue ahead. Pass sports courts to your right then just before the exit turn left, following a path parallel to Macaulay Street.

4c. Exit the park via the arched gateway to Macaulay Street. Turn left to the junction and there turn left again along Knighton Fields Road West. Continue along this residential street until you reach the main road. Turn left along Saffron Lane and continue to the busy junction by the leisure centre. Use the pedestrian crossings to cross Knighton Lane East and re-enter Aylestone Recreation Ground. Now follow the main route.

Main route

Take the path along the edge of the recreation ground, parallel to Saffron Lane.

Activity: Galloping. Have a galloping race along this section. Stop before the gate. Who won?

At the end, exit ahead via the gate and cross Copinger Road at the pedestrian crossing.

5. Turn left into Copinger Road and continue. Turn right into Bloomfield Road. Retrace your steps to the centre. Well done for completing this walk!