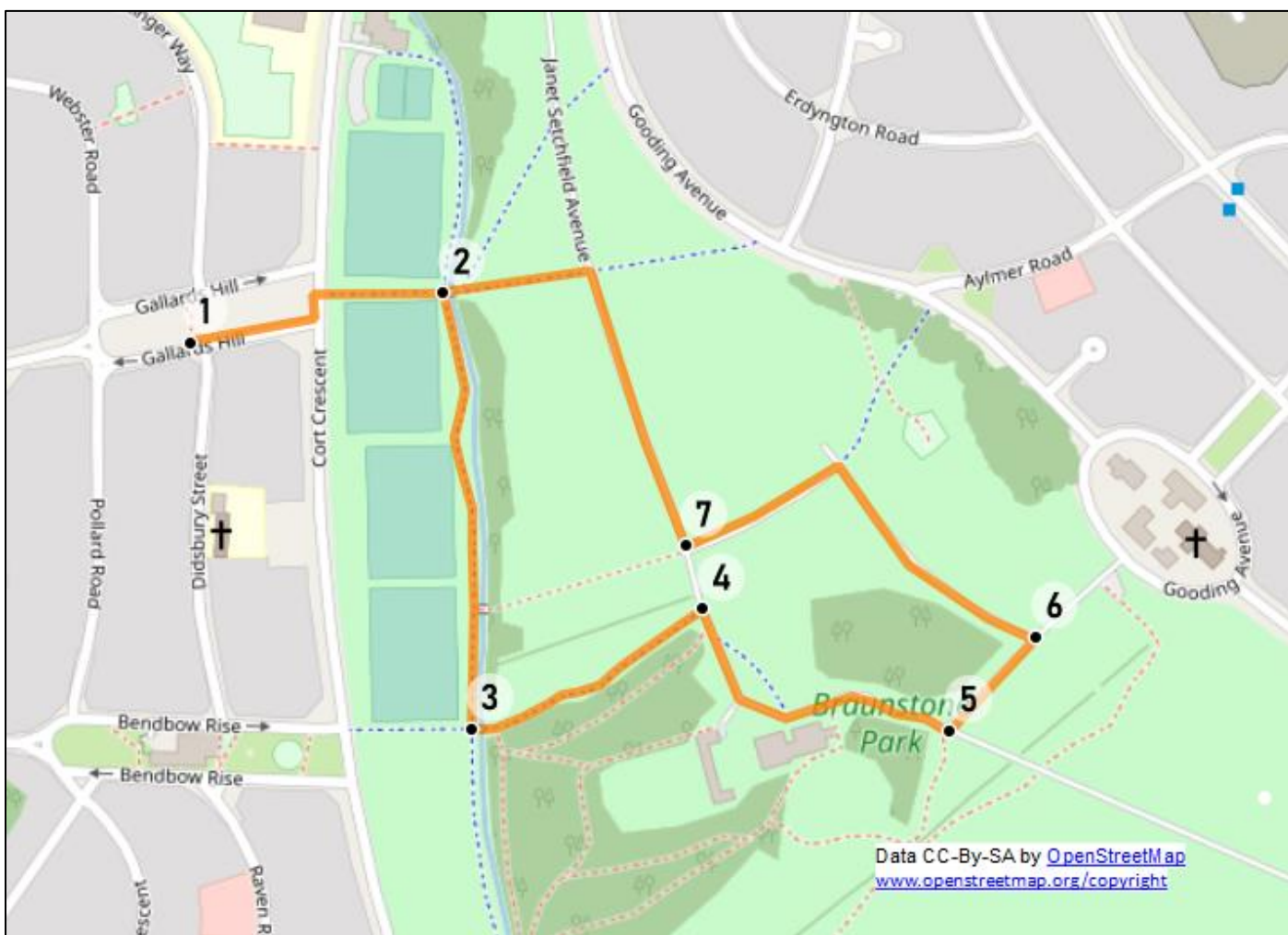


A Stroll from Braunstone Children's Centre

Start location: Braunstone Children's Centre, Gallards Hill.

Time taken: 33 minutes (approximately)* **Distance:** 1.1 miles 1.8 km **Circular route**

Description: A short walk through Braunstone Park 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?



- Main route
- Stage / waypoint
- 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 at:

Outside Braunstone Children’s Centre, Gallards Hill, Leicester LE3 1QR.

Safety tips:

Take care crossing roads.

Watch out for cyclists and occasional motor traffic on some paths within the park.

Route directions:

1. Leave the centre. Walk down Gallards Hill towards Cort Crescent. Cross Cort Crescent with care and enter Braunstone Park. Watch out for cyclists in the park. Pass open space to your left and right and head towards the tree-line ahead.
2. At the path junction turn right to walk beside the line of trees and brook.
Activity: Hopping challenge. Take turns with members of your family to hop along this section. Who can do the most continuous hops?
After some time, pass a small footbridge and footpath to your left. Continue to the next path junction.
3. Turn left and cross the brook and continue ahead on the main path beside the small woodland.
Activity: Skipping challenge. Take turns with members of your family to skip along this section.
Continue until you reach the wide roadway within the park.
4. Turn right on the roadway within the park which heads towards Winstanley House (formerly Braunstone Hall). Pass the hall and continue to the road junction.
5. Turn left on the roadway, heading towards Gooding Avenue.
6. Turn left at the next path junction. Pass the yellow barrier and continue towards the children's play area.
Activity: Running challenge. Run from the yellow barrier to the play area, then stop.
At the main path junction after the play area, turn left. Continue ahead until you meet the main roadway within Braunstone Park.
7. Turn right (on Janet Setchfield Avenue). At the next path junction turn left and continue. Cross the footbridge over the brook and continue ahead to retrace your steps back to the children's centre.

Well done for completing this walk!

Rainbow activity:

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

	What did you see?		What did you see?
Red	Blue
Orange	Indigo
Yellow	Violet
Green		