

A Stroll from Woodbridge Children's Centre

Start location: Woodbridge Children's Centre, 54A Woodbridge Road, Leicester.

Time: 30 minutes (approximately)* **Distance:** 1 mile 1.6 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 to 1.5 miles visiting Rushey Fields 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?



— Main route

— Extended route

① Stage / waypoint

● A 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 Woodbridge Children's Centre, 54A Woodbridge Road, Leicester, LE4 7RG.

Safety tips:

Take care crossing roads, especially busy Melton Road (use the pedestrian crossings).

Watch out for cyclists in the park and also along part of Melton Road where the footway is shared by cyclists. Take care where paths are uneven.

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. From outside the centre turn right along Woodbridge Road to reach the main road. Cross Melton Road at the pedestrian crossing to your right. On the far side turn left, then soon turn right into Stafford Street.
2. At the end of the road turn left on Harrison Road and continue ahead to Rushey Fields Recreation Ground. Follow the roadway into the park (which bears right) not the footpath which goes straight ahead. Pass the sports courts and Rushey Pavilion to your right and the car park to your left. Just after some trees take the path on the left, beside a lamp post. This pleasant path has lots of trees.
Activity: Can you spot any wildlife here?
3. Pass the timber-clad bowling club building and a play area to the right. There is a bench near here (opposite the rose garden) if you need a break. Pass a brick building then follow the path as it bears left. The tree cover ends and you return to open park.
Activity: You could pause for a game of hide and seek near the rose garden.
4. Soon, at a path junction you have the option to extend the route if you wish.

Main route

Take the main path beside the trees/hedge along the edge of the recreation ground. Exit the park to Melton Road (take care to watch for cyclists on the shared path). Turn right and continue a short distance to the pedestrian crossing just before the roundabout. Continue from 5.

Extended route.

4a. In the recreation ground, take the side path to the right which twists and turns. Look out for cyclists. Pass sports courts to the right and playing fields to the left. Take the footbridge over Melton Brook. The path turns sharp left then right. Pass between the grounds of Soar Valley College and Rushey Mead Academy.
Activity: Have a galloping race along this section. Stop before the path junction. Who won?

4b. Turn left at the path junction. This is Gleneagles Walk. Look out for cyclists here. Pass the metal barriers to exit onto Rushey Close and continue ahead to the main road.

4c. Turn left along Melton Road. Look out for cyclists who may share the footway here. Reach Rushey Mead Academy. Head towards the second pedestrian crossing (after the roundabout, not before).

5. Cross Melton Road here using the multiple crossings. On the far side bear right in front of the shops, then turn left into Lanesborough Road. Cross Wavertree Drive and continue ahead.
6. Turn left on Clarke Street and continue ahead, crossing junctions with care. Watch for uneven pavement along this section. Turn right into Woodbridge Road and cross the road to return to the centre.
Well done for completing this walk!