

# Memorial Park Walks

Take a gentle stroll amongst Whaley Bridge's Memorial Park

The Memorial Park was opened in 1920 to remember the brave men of Whaley Bridge who lost their lives in the 1st World War.



## Park Walk 01

Distance: **0.75 mile / 1.25 km**  
Going: Firm paths  
Pace: Gentle Park walking

**Route 1** This takes in all the lower footpaths (wheelchair friendly), with small inclines.

## Park Walk 02

Distance: **1 mile / 1.7 km**  
Going: Firm paths  
Pace: Park walk with steep inclines

**Route 2** This walk has steep inclines 1.75 km.

Memorial Park was awarded the prestigious Green Flag in 2015, 2016 and 2017 an award which recognises the best green spaces.

**More information at [www.whaleypark.co.uk](http://www.whaleypark.co.uk)**



## The benefits of walking

Walking is now seen as the best way to exercise and get fit. It is free, anyone can participate, and you do not need special clothing or footwear.

Just 20-30 minutes of walking a day can:

- Increase your fitness and stamina
- Reduce blood pressure
- Reduce the risk of heart disease and stroke
- Reduce the risk of type 2 diabetes and osteoporosis
- Help reduce stress
- Help you lose or maintain weight

Above all it makes you feel great