

This is the first of a series of walks designed to help those unused to walking who would like to get moving and improve their **health and fitness**.

Starting and finishing at the Tea Room, this initial walk is a short one designed to get a sense of participant's fitness and any mobility issues, meet other walkers and get some fresh air.

Each one has a different theme and this one is nature and wildlife.

There are lots of species of bird in Victoria Park, in this part you may see Robins, Yellow and Blue Tits, Wagtails and a noisy group of Sparrows. There are also many varied species of Bees and Butterflies

Take note of the wide variety of plants, shrubs and trees, all of which are chosen to increase biodiversity, provide habitats for our native wildlife and engage visitors in nature. To do this we have chosen plants that thrive in this area as well as benefiting from the more localised microclimate of particular areas of the park. The Sundial Garden, which this walk circuits, is home to a range of evergreen and deciduous shrubs, from Portuguese laurel to Dogwoods and Berberis, providing flowers for pollinators and berries for birds, as well as evergreen trees such as the majestic Sequoia and an unusual Pitosporum and deciduous Cherries. All this creates habitat and food for native wildlife and as a result this area is often alive with birds

### Directions

Leaving from the Tea Room, turn right heading towards north Avenue, and then take a left, passing along the square clipped box hedges, and then turn right and make your way around the Sundial Garden and then head back the same way to return to the Tea Room.

Registered Number: **1179731**

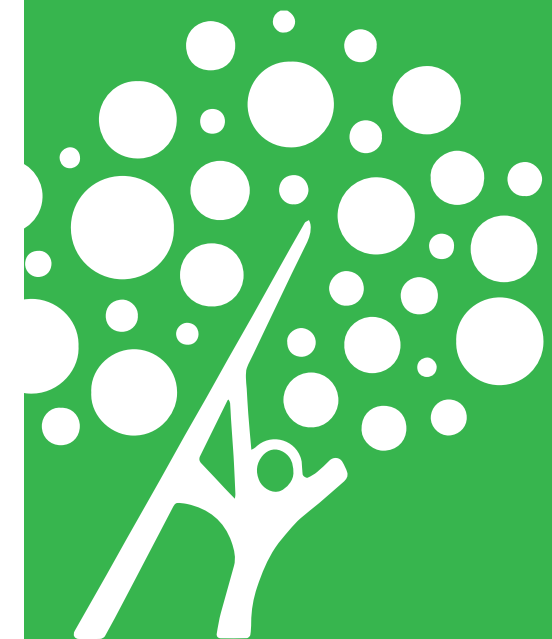
Website : **website [www.fovps.org.uk](http://www.fovps.org.uk)**

Email: **[info@fovps.org.uk](mailto:info@fovps.org.uk)**



# WALKING ROUTES

## GREEN ROUTE

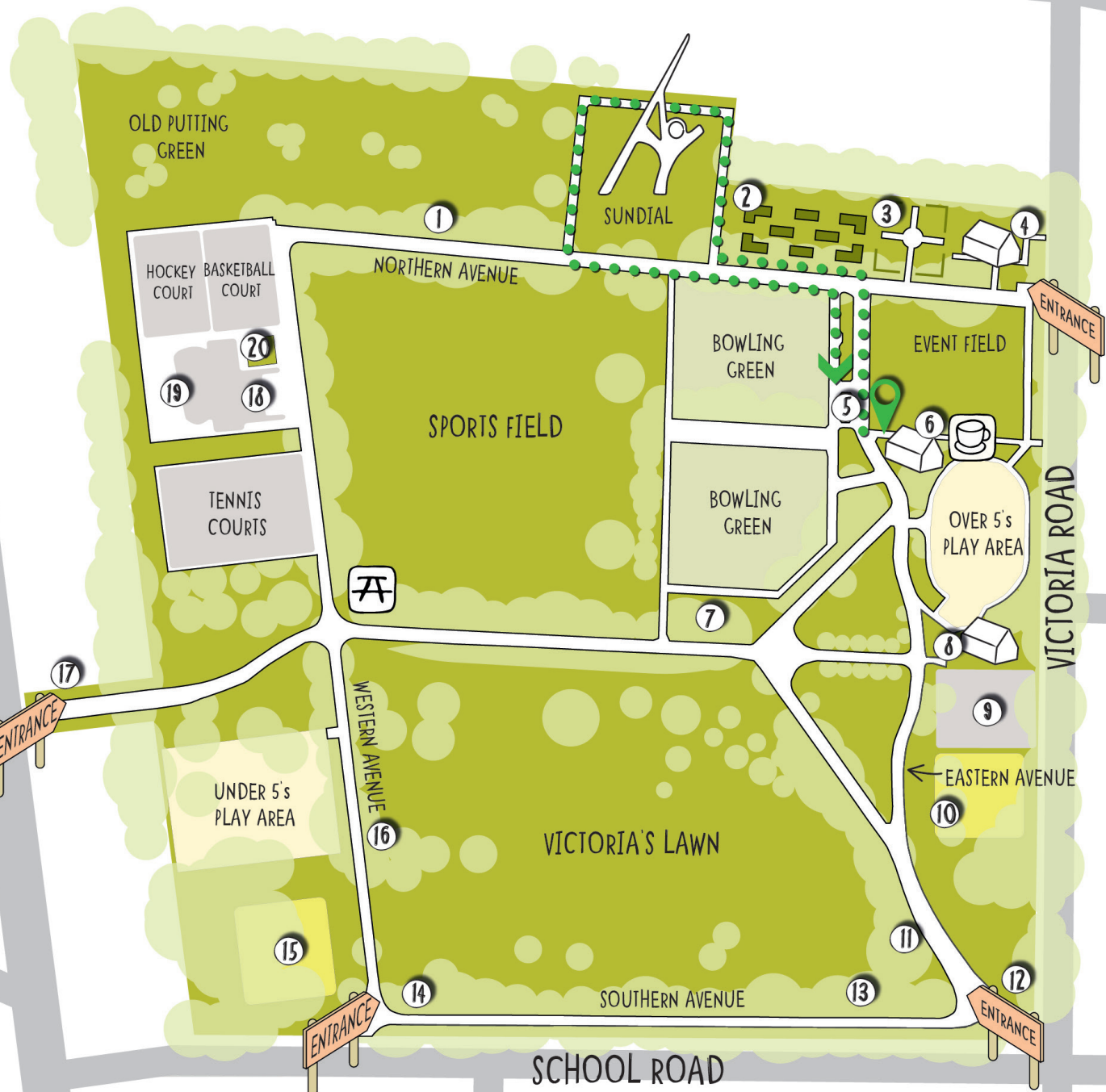


DERBYSHIRE LANE



WALK STARTING POINT

PARK ROAD



- 1. TRIM TRAIL
- 2. FORMAL COTTAGE GARDEN BEDS
- 3. GARDEN OF TRANQUILITY
- 4. BOWLING PAVILION
- 5. LOCK UP
- 6. COMMUNITY BUILDING / TEA ROOM
- 7. PETANQUE BOULODROME
- 8. SCOUT HUT
- 9. COMPOUND
- 10. WILDLIFE GARDEN
- 11. INCREDIBLE EDIBLE BEDS
- 12. VICTORIA GATES
- 13. TRIM TRAIL
- 14. TRIM TRAIL
- 15. OUTDOOR CLASSROOM
- 16. BIRD FEEDING STATION
- 17. EDWARD GATES
- 18. TABLE TENNIS
- 19. SCOOTER TRACK
- 20. ROCK CLIMBING

VICTORIA ROAD

HENSHAW STRI

SCHOOL ROAD

