

This is the **Red Route**, a 1500 metre walk around Victoria Park and the theme for this one is **Mindfulness and the Seasons.**

Starting at the Tea Room this walk takes you on a figure of eight through the parks main tree lined avenues.

A large part of practicing Mindfulness is to help to really appreciate your surroundings, taking note of all the sounds, colours, shapes, textures and details of the natural environment and to fully immerse yourself in that moment and experience.

The tree lined avenues you pass through will provide a wealth of sensory experiences and we would encourage you to use your sense of touch to feel the texture of leaves and bark and allow your mind and body to fully appreciate the variety of textures. Notice the texture of the bark, the lichen, the moss, the variety of leaf shapes and colours. If it's winter, the shape of the skeletal trees, or in spring look for buds and in Autumn the colours changing.

There are many seasonal highlights in the park, bulbs and new growth in spring, flowers in summer and autumn colour changes, make a note of the stages in this cycle the trees and plants are at and focus on the beauty and individual features of that stage.

But more importantly please end with a very big pat on the back, well done! You've completed 5 walks and hopefully will feel fitter, healthier and more connected to nature as a result.

**Keep walking!**

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# WALKING ROUTES

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RED ROUTE



DERBYSHIRE LANE



WALK STARTING POINT

●●● FIRST WALK

●●● LAST WALK

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

PARK ROAD



VICTORIA ROAD

HENSHAW STRI

SCHOOL ROAD