

Welcome to Badocks Wood 1000 Metre Measured Route



What is a measured route?

A 1000m measured route has been laid out around the route shown by the red dotted line on the adjacent map.

You can use this route for walking, jogging, running and generally being active.

The route is a flexible way to build towards your weekly 150 active minutes (or 2.5 hours) as well as enjoying our parks all year round.

Please be aware that due to the woodland nature of this walk there are some raised roots in the pathway at the start and further along the route.

How do I join in?

Please follow these waymarkers around the route.

Distance markers have been placed around the park every 200m for you to record your distance.

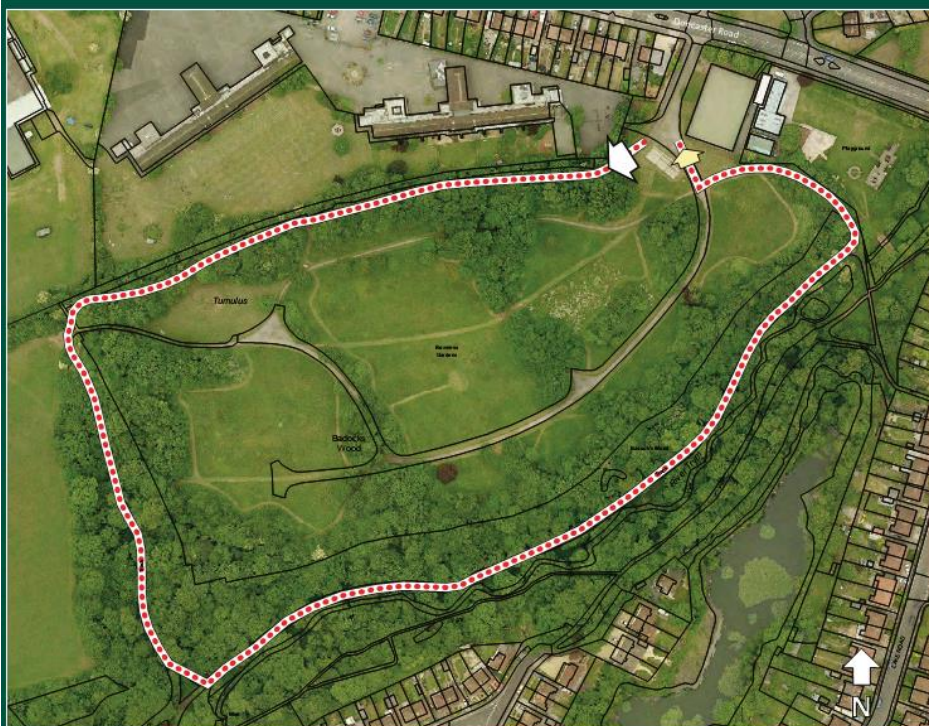


Website information:

Ideas for using the measured route
www.bristol.gov.uk/measuredroutes

Why not time yourself
www.walk4life.info

For more information about walking in Bristol
www.bristol.gov.uk/walking



Key



Start

The route starts at Doncaster Road entrance on the right-hand fork of the pathway.



Finish

 Measured route

ACTIVE
Bristol

