

Get Active at Staunton

Great Fun, Great Health in the Great Outdoors

Walking is great exercise. Regular brisk walking will increase your heart rate, making you feel warm and slightly out of breath. Take it easy to start with, enjoy the fresh air, take in your surroundings and gradually build up to the recommended 30 minutes a day.

The benefits of regular walking include

- Reduces the risk of heart disease
- Keeps your heart strong
- Reduces or maintains your weight
- Reduces blood pressure
- Tones your muscles
- Aids restful sleep
- Relaxation and enjoyment
- Great way for family / friends to spend time together

The experts say: “Walking is the near perfect exercise”. Prof. J Morris & Dr. Adrienne Hardmann 1997

Calories used when walking

Weight (stones)	8	9.5	11	12.5	14	15.5	17
Calories used after walking 1 mile	64	79	93	107	120	136	152

If you are taking medication, recently had an operation or in any doubt about your ability, please consult your doctor.

Contact Staunton on **023 9245 3405** or visit www.hants.gov.uk/staunton for information or enquiries regarding our range of trails.

Supported by:



Walking safely

- Tell someone when and where you are going walking and when you expect to be back
- Wear suitable clothing and footwear
- Take care crossing roads and paths
- If you are walking in poor light, wear reflective clothing
- Try not to walk alone – it's more fun with someone else too!



Chinese bridge

STAUNTON

Walking trail: **LEVEL 1**

DISCOVER OUR HERITAGE



Distance: **1.6km/1 mile**
Duration: **25 minutes**
Condition: **Generally good, with clear pathways. Accessible to all.**

Starting point: Victorian Coach House at Leigh Park Gardens, enter Staunton Country Park via Middle Park Way entrance.

→ Turn right out of Victorian Coach House, follow path as it bears left

1 The Victorian Coach House faces towards the site of the home it once served and now outlives. This building was fully restored in 1999 thanks to a Heritage Lottery Fund grant. Get an insight into the life of it's most significant owner Sir Frederick Fitzwygram, from the interpretation here.

→ Pass picnic area over looking Well Meadow on right. Continue forward.

→ Look out for the Terrace on left

2 William Stone's Victorian Mansion (1862) which once stood in Leigh Park Gardens declined after WW2, with the departure of the surviving Lady Fitzwygram in the 1930s, then the Admiralty in the 50s. The mansion, then owned by Portsmouth City Council, was demolished in 1959 no buyer could be found. The Terrace is the only visible architectural feature which remains today.

→ Proceed forward down the Avenue

3 Once a grassy ride for Stone to ride his horses along. Just over the sleeper bridge to the right is the well that served the Victorian Mansion. A donkey or horse powered wheel pumped the water up to a tank which still exists today, hidden in the trees behind the terrace.

→ Turn left at junction, following path around lake

The lake was created by Sir George Staunton by building a dam. In the

1830s the lake was decorated with a number of follies including:

4 The Chinese Bridge – The Bridge was originally embellished with Chinese porches and a balustrade.

5 Fort Island – Accommodates a fortification created from Purbeck stone, pierced to house nine guns. Staunton used to fly the imperial flag of China from this fort.

→ Once on opposite side of lake proceed forward along 'Fisherman's walk' path

→ Pass Shell House on left

6 The Shell House was constructed in 1828 from local flints and pebbles and based on the design of the Chichester Cross, with a crown like roof. The name comes from the its original shell encrusted interior.

→ Follow path leading to Middle Park Way entrance, passing Serpentine border on left

7 The Serpentine Border was a shrub border which marked the beginning of Staunton's pleasure grounds. Being an avid plant collector and botanist, it would no doubt have contained some rare specimen shrubs collected by Staunton himself. Either side of the border are two guard houses from the Admiralty's time here.

