

## 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](http://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!



*Diana sculpture*

# STAUNTON

Walking trail: **LEVEL 2**

INSPIRATIONAL SURROUNDINGS



DESIGN 06 4871 CORPORATE GRAPHICS TEAM PRINTED ON RECYCLED PAPER

Distance: **2.2km/1.4 miles**

Duration: **40 minutes**

Condition: **Generally good, could become muddy in places.**

➔ Turn left out of Victorian Coach House, at junction turn right towards the Terrace proceeding toward turning circle. Follow path ahead past Well Meadow picnic area on left and proceed along Cedar Drive (Straight ahead), past Anthony's Rogers' revolving sculpture.

1 This sculpture created by Anthony Rogers, was produced on site during 2006 and reflects the inspirational surroundings of the Park. Designs were inspired by local children and families during a series of workshops.

➔ Look out for the Beacon on your right.

2 The Beacon, in Beacon field is a small Ionic temple. Built in 1830, with materials purchased from the demolished Purbrook House.



➔ Continue along Cedar Drive into woods

➔ Turn left onto cross path and pass beneath the oak arch. Continue along this path through the woodland, looking out for sculptures as they're added to this route.

➔ At junction with the Avenue continue straight across, looking out for Anthony's second sculpture.

3 This piece was again carved by Anthony Rogers on site, carved in solid Oak this semi-circular seat is great place to stop and reflect on the beauty of the surroundings.



➔ Proceed along path through woodland, crossing the Avenue

4 Trees mean many things to many cultures. The Nordic Viking God was an ash tree, who's roots were in the underworld and branches in heaven. Ash timber is still used to make Morgan sports cars and tennis racquets among other things. Oak was used to build the first battle ships of the Royal Navy, and of course trees provide homes for many creatures.

➔ Turn left at Junction towards lake  
Follow 'Fisherman's walk' pathway

5 Once upon a time, as you looked back across the fort and Chinese bridge you would have seen the Temple situated on what was once known as Temple Lawn, built in 1824 in memory of Staunton's parents.

➔ Proceed along path as it bears right towards Middle Park Way entrance, passing Serpentine border on left.

