

Sturry Road Community Park

We've installed mile-markers in the Sturry Road Community Park, giving you the opportunity to challenge yourself. The brightly-coloured markers measure a distance up to three miles, and allow you to measure your route whether you walk the dog, run or cycle. By using the markers, you can improve your pace, distance and fitness.

The route starts just inside the Tennyson Avenue entrance.

- Mile one (blue) is completed in the park. But to complete mile two (green) and three (red) on the marked route, you will go out of the park and on to the Canterbury to Fordwich cycle route.
- Follow the directional signs to keep on the measured path.
- Keep a record of your time and distance and see your fitness improve. Perhaps challenge your family to join you – you'll be amazed at your progress!
- By gradually incorporating exercise into your daily life you'll not only improve your health, but also get to see some of the great views this park has to offer!



Mile markers

- ① One mile route
- ② Two mile route
- ③ Three mile route



For further information about these routes, how to measure your fitness, or organised walking, running and cycling groups please visit www.activecanterbury.org. To keep informed of new projects and schemes follow us on Facebook at www.facebook.com/ActiveCanterbury