



KESWICK WALKING ROUTES



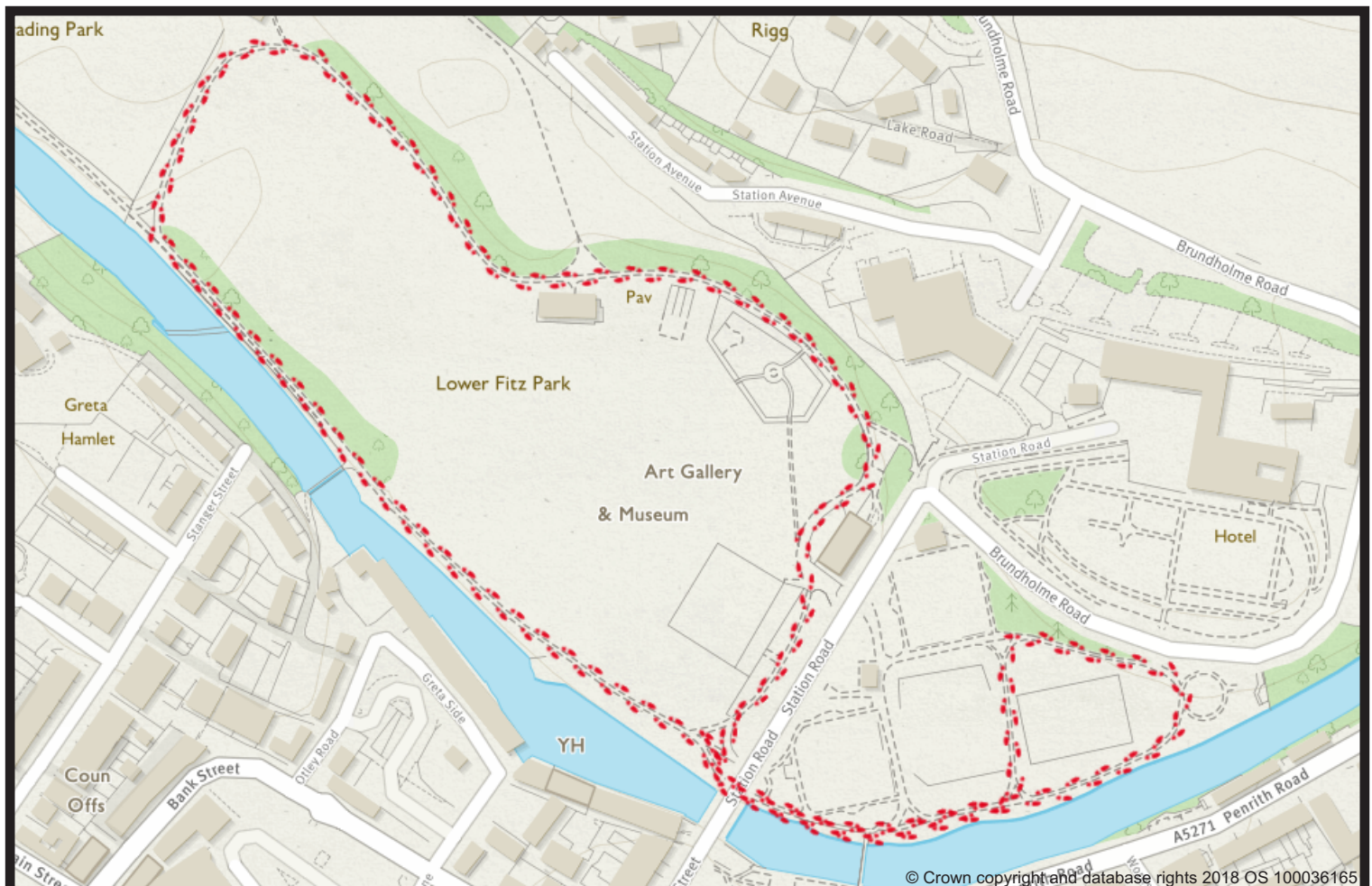
1 mile route

This is one of a set of five walking routes developed by Keswick Lions to showcase some of the walking opportunities in the town. We've produced 1, 2, 3, 4 and 5 mile routes visiting what we think are the nicest parts of town. All the routes are mainly on tarmacked paths, pavements or quiet roads, although there are a few sections on well-made footpaths which can be a bit muddy when the ground is wet. All routes, apart from the 1 mile one, cross the main road at least once. For convenience, the walks all start and finish from Silver Bridge on Station Road but they're all circular, so you can start anywhere to suit yourself.

Most people cover a mile in about 2000 paces, so our measured walks can really help if you're trying to achieve the recommended 10,000 steps a day.

You can download all five routes from keswicklions.weebly.com/no-to-diabetes

This pleasant 1 mile walk is completely flat and entirely in Upper and Lower Fitz Park. The route is all on tarmacked park footpaths. A detailed description of the route is printed overleaf.



ROUTE DESCRIPTION

Start at the bridge on Station Road. Facing downstream go through metal gate on your right and down the steps into Lower Fitz Park. Turn right and follow the path past the museum, children's playground and behind the cricket pavilion. At the end of the park turn left, and left again when you reach the river. Walk along by the river and through the underpass beneath Station Road to Upper Fitz Park.

Continue along beside the river to the end of the park and keep on the path as it swings left round the tennis courts. Turn left to go between the two tennis courts and get back to the river where you turn right and follow the path back to your starting point on Station Road.