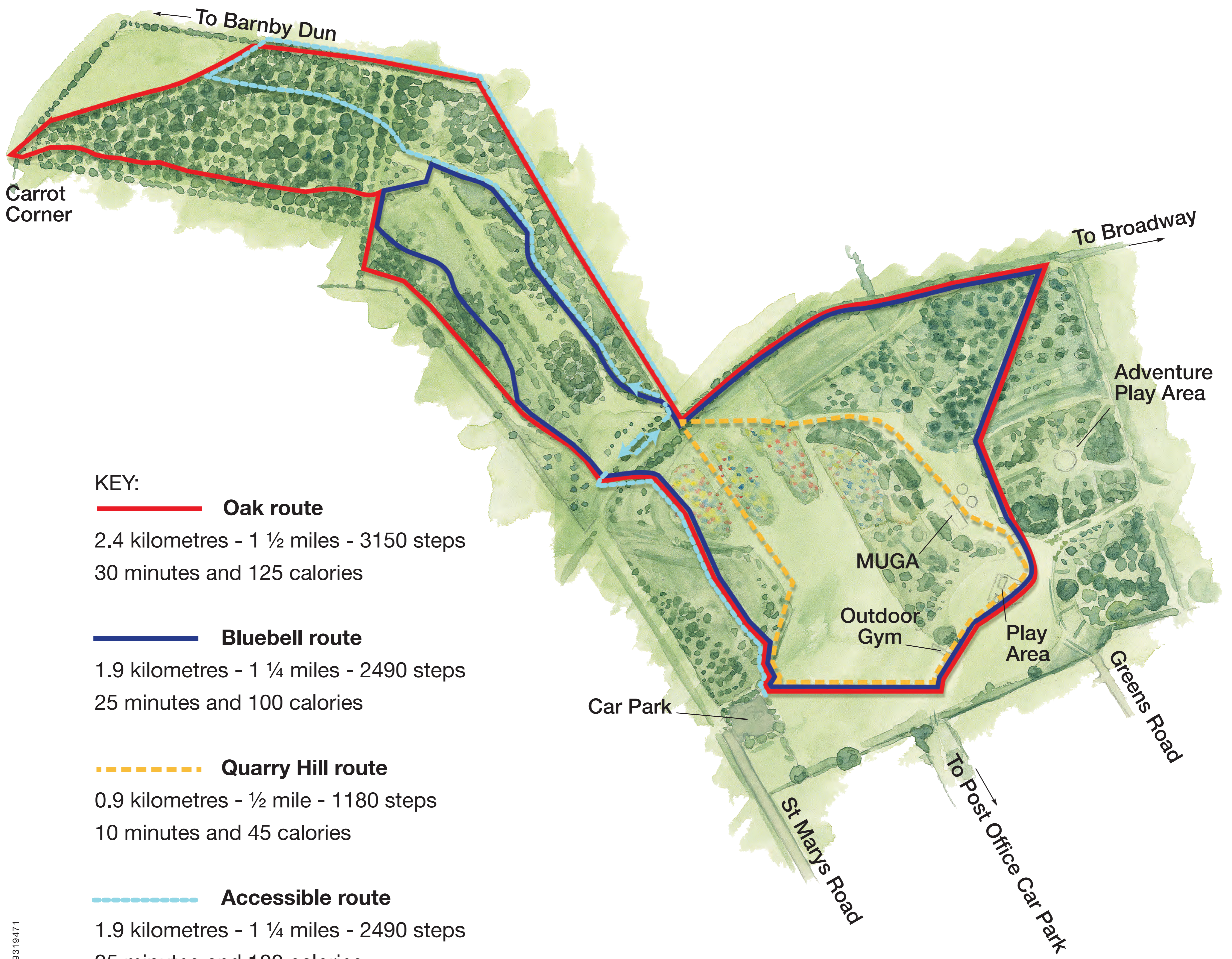


Quarry Park *Welcome*



According to the NHS walking 10,000 steps a day will improve your health, build stamina and burn excess calories. This can count towards the suggested 150 minutes of exercise you need each week.



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Please note that this information is provided as a rough guide only – factors such as your age, weight and walking speed will all influence how long any route takes you to walk and how many calories you will use walking it.

