



What can I do at the park?



Walking



Running



Cycling



Outdoor Gym



Children's Play Area



Football



Basketball



Skate Park



Bowls*

* Restrictions may apply – please contact the local bowling club for more information



Oadby & Wigston
BOROUGH COUNCIL



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



Activities for Families



ispy

What can you spot in the park?

- A sign
- Something blue
- The tallest tree
- A bench
- The fastest slide
- Basketball hoop
- A bin
- Somewhere you can skate
- Lamp post



Race Around

There is lots of space to run around in the park, why not set yourself a course and time how long it takes to get round. Time yourself each time you visit the park and see if you can improve your time.

Shoot Some Hoops

There are a couple of basketball hoops in the park, why not bring your ball with you when you visit and see how many baskets you can get?

Can you do it from different distances?

How far can you go?

Activities for Adults

Outdoor Gym

Outdoor gyms are a good place to help you get started with physical activity. Each gym will have a mixture of equipment: some cardio based (that raises your heart rate) and some resistance based (that improves your muscle strength).

Each piece of equipment has instructions on how to use it, or you can use a QR code app to read the codes and watch a short video.

Once you are familiar with the equipment why not look to expand how you use the equipment and the space around it. Could you add some shuttle runs or star jumps?

Make sure you bring a drink with you and, if you would like, your own towel.

Please note that you are using all equipment at your own risk.

Distance around the park

0.79 miles or 1.26 kilometres

Address

Blaby Road, Wigston, LE18 4LB

Bus Stops

44, 47, 47A, 48, 48A, 85, AD2

(Please note bus provisions may change, please check with local providers)

[Google map location](#)

Parking

There is no parking at the park. If using local residential parking, please park considerably and take note of restrictions.

Facilities

- No toilets are available.
- No café is available, but there are local businesses around the park.

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