



## What can I do at the park?



Walking



Running



Cycling



Outdoor Gym



Children's Play Area



Football



Basketball



Cricket



**Oadby & Wigston**  
BOROUGH COUNCIL



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



# Activities for Families



## ispy

What can you spot in the park?

- A window
- A hoop
- Something that swings
- A place to play cricket
- Something green
- A small tree
- A bench
- A square
- A sign



## Uplands Park

Uplands is one of our biggest parks! If you follow the path all the way around, it's equal to 0.9km.

Mount Everest, the tallest mountain in the world, measures 8849m. Spend some time working out how many laps round the park this would be, and set yourself a challenge of completing it. This could be over a month, a week, or maybe even a day!

Work out some other distances and see how long it would take you to walk them! Lands End to John O'Groats, Oadby to Wigston, or maybe to your favourite football team's stadium, the possibilities are endless!

# Activities for Adults

## Couch to 5K

Want to jog or run, but not sure where to start? Couch to 5K provides the perfect platform to help get you started. Couch to 5K is a free app provided by the NHS. To find out how to download it visit <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>.

Spread across 9 weeks, Couch to 5K is designed to get you from complete beginner to running for 30 minutes non stop. Each week has 3 sessions

which you can repeat as many times as you want before progressing to the next week. The app provides you with prompts and can link into your own music to help keep you motivated.

**Local running/athletics groups also run similar schemes if you want to be part of a group rather than running solo.**

**Contact us to find out more about your local groups**  
[active.together@oadby-wigton.gov.uk](mailto:active.together@oadby-wigton.gov.uk)

### Distance around the park

0.60 miles or 0.97 kilometres

### Address

Uplands Road, Oadby, LE2 4NT

### Bus Stops

31E, 40

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

[Google map location](#)

### Parking

There is a small car park available.  
(Please check restrictions when parking)

### Facilities

- No public facilities are available.
- No café available onsite.

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