



What can I do at the park?



Walking



Running



Children's Play Area



Tennis



Football



Basketball



Skate Park



Oadby & Wigston
BOROUGH COUNCIL



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



Activities for Families



ispy

What can you spot in the park?

- The swing that swings the highest
- Something yellow
- Someone else enjoying the park
- A goal
- A bench
- 5 leaves
- Skate ramp
- Sign
- A lamp post



Hot or Cold

A little bit similar to ispy, Hot or Cold will get you running around. The picker needs to pick an object in the park. This could be a tree, bench or goal post, but don't tell the guesser what it is! The guesser needs to run around and try to work out which object has been picked. The picker lets the guesser know if they are **hot or cold** (warmer/colder). The closer to the object, the warmer the guesser is, the further away they get, the colder they are. When they guess the right object, swap over.

Activities for Adults

Walking

Walking is a great way to build physical activity in to your life, even a little and will contribute to your health. One lap round on the footpath is 0.4miles/0.7kms. Including the gravel path makes the distance 0.7miles/1.2kms. That's 145 meters shorter than Ben Nevis!

Why not use the walk for a mindful reflection? Walk around once at your normal pace. As you walk, try to focus your mind on your surroundings

and forget about some of the worries and stresses of the day. Walk around the park a second time and focus on:

- 5 Things you can see
- 4 Things you can touch
- 3 Things you can hear
- 2 Things you can smell
- 1 Thing you can taste

As you come to the end of the lap/s, bring yourself back to the present by taking a deep breath.

Distance around the park

Big Loop: 0.44 miles or 0.71 kilometres
Small Loop: 0.36 miles or 0.58 kilometres
Both Together: 0.80 miles or 1.29 kilometres

Address

Aylestone Lane, Wigston, LE18 1AB

Bus Stops

40, 44A, 47, 47A, 48, 48A, 49, AD2

(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

- Toilets are available.
- A café is available onsite.

(Please note opening times/restrictions will apply).

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