A walk in the park

Take a break from your screen and grab a breath of **fresh air** in the park on your door step.



ROUTE ONE 2KM

2,361 steps (approx)

Time: 18 - 22 mins

Calories: 100 - 120

ROUTE TWO 1.1KM

980 steps (approx)

Time: 9 - 13 mins

Calories: 50 - 80

Route distances - Google. Timings, steps and calories are estimated.

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