

The Stratford Park Health and well-being trail allows you to enjoy much that the park has to offer.

The official start is at the top of the entrance road to the car park, beside the control barriers, but you can join it anywhere.

The woodland section maybe difficult for wheelchairs or buggies after bad weather.

Scan the QR code below to find out about other health and well-being happenings in the area.



Start of Health and well-being trail

