



DESCRIPTION:

- Walk down Salisbury Street crossing both Montreal and Victoria Streets at the nearby pedestrian crossing.
- Continue along Salisbury and on crossing Park Terrace at the crossing point continue over the bridge to your left
- Follow the sealed path crossing Hagley Park, passing the toilets and on to Victoria Lake.
- Circle the lake staying on the footpath alongside the Avon. An additional loop over the bridge and into the Botanical Gardens is well worth while from this point.
- Follow the Avon past the Armagh St Bridge and return to the Medical centre via the same route from the next bridge.

walk yourself to better health!

health benefits:

- ✿ Help to control body weight
- ✿ Lower blood pressure
- ✿ Enhance mental wellbeing
- ✿ Reduce the risk of heart disease and stroke
- ✿ Reduce high cholesterol
- ✿ Increase bone density and improve muscle strength

walking safety tips:

- ✿ Wear loose, comfortable and visible clothing
- ✿ Keep warm during cold weather and be sun smart during warm weather
- ✿ Drink plenty of water, before, during and after your walk
- ✿ Wear well fitted, sturdy shoes
- ✿ Walk at a pace that suits you. Pick up the pace as you walk more often

**Checkout the Active Canterbury website below
for other routes & groups**

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