

Green Spaces in Chippenham



Avon Valley Way

Follow the Avon Valley Way through surrounding countryside to Lacock Abbey and village or to Chippenham town centre.



Pewsham Park

A good place for a gentle stroll and for children to use the recreational equipment.

For more information visit:

<https://www.chippenham.gov.uk/leisure-and-recreation>



Cricketts Lane Allotments

Gardening is a great way to get in touch with nature and it is good for your physical and mental health! For more information visit:

<https://www.chippenham.gov.uk/parks-and-outdoor-spaces/allotments>

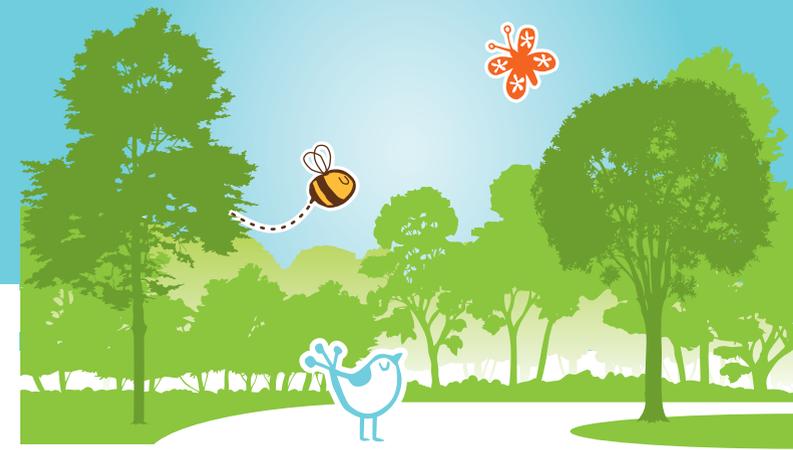


Westmead Open Space

A great place for a wildlife walk, featuring numerous trees, paths and wooden animal sculptures. You can spot many different birds, animals and plants here. For more information visit: <https://www.cbhc.org.uk/portfolio/westmead-open-space/>



Please use your own judgement about when and where you feel safe to walk.



The Lodge Surgery Health Routes

Get to know your green spaces!

This map helps you locate local green spaces and suggests walking routes from **Lodge Surgery** - at Lodge Road - to parks, meadows and woodlands.

Simply by spending time in nature you can reduce anxiety and improve your mood! Physical activity, including walking, can reduce your risk of

diabetes by 35-50%,
depression and dementia by 20-30%
and cardiovascular diseases by 20-35%

It can also reduce your risk of conditions such as cancer and Alzheimer's disease. Exercising outdoors has been shown to be more beneficial than indoor activities.

Go for a walk!

It is free, fun and as challenging as you want it to be!

www.thelodgesurgery.co.uk



CHIPPENHAM TOWN COUNCIL
Improving the quality of town life



The Lodge Surgery

The Lodge Surgery Health Routes



Active farmland where sheep or cattle are often present.

Please keep to the path and always keep dogs on leads.

Map Key

- Purple Route = 3 km
- Orange Route = 1 km
- Footpath
- River/Stream
- Public Access Green Space
- Allotments
- School
- Church
- Health Centre
- Leisure Activities
- Community Centre
- Refreshments
- Park Facilities/Playground
- Parking
- Supermarket

