Frithwood Surgery Circular Walk - Route Map 1.5 miles

Frithwood Surgery has developed a walk that takes in the new path through Frith Wood, past the playing field, memorial and primary school.

Opposite is the Map of the Route - you can tell that you're on the right track by following the Waymarkers as illustrated on the Front Cover.

The walk is easy to do with sturdy shoes or trainers and is suitable for buggies. You can also stop at the Youth Club for Coffee on a Wednesday morning too!

So go on get outside and try to do 3 walks a week whilst enjoying the lovely green space surrounding Frithwood Surgery.

NHS FOREST