

Parks Map

Swadlincote



Supported by the
National Forest



Active South
Derbyshire

everyone ACTIVE



THE NATIONAL
LOTTERY



SPORT
ENGLAND

Beat the Street South Derbyshire has been commissioned by South Derbyshire District Council. It is funded by South Derbyshire District Council, the National Forest Company, South Derbyshire Active Schools Partnership and the National Lottery via Sport England. It is being delivered by Intelligent Health.



Walk Derbyshire

Find out more about walking routes and led walks in Swadlincote, by going to the Walk Derbyshire website walkderbyshire.org.uk

Teddy Trails

To follow Bertie Bear on his trails around the parks, you can download the Teddy Trail maps and stories from our website southderbyshire.gov.uk





Every step counts

All activity is good activity, even if it is walking to the shops, to the end of your road or walking with the children to school.

Every step counts towards being active and you might find that you are more active than you think you are.

You are an experienced walker, you just don't know it. All the little footsteps you take every day will have a long term impact on your mind and body.

Did you know that walking can be just as beneficial as going for a run?

Walking doesn't have to mean hiking or going on long treks, everyday walking is just as beneficial for your mental and physical health.

Walking helps you feel more connected to your neighbourhood and where you live, even if that is to your front gate or bus stop.

Use your park!

Hold your own event in one of the parks listed, or rent the Bandstand at Maurice Lea Memorial Park. Phone the South Derbyshire Parks and Green Spaces team on 01283 595782.

For more information about events and activities taking place in our parks, you can download the parklife leaflet by scanning the QR code.

Our parks are free to use, make the most of them this summer.

Come and have a go at orienteering around Swadlincote Woodlands. A good area for beginners, families and youth groups. Find out more at derwentvalleyorienteers.org.uk

Walking / South Derbyshire

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