Brough Park Active Trails

5k Route · 1k Route · B Bench Points · Active Zone · Orienteering · Bench Fitness

Your time, your pace, your adventure

movemorestaffsmoorlands.co.uk/brough-park



MyActive

MyActive Leek manages bookings for a range of outdoor spaces at Brough Park, including two bowls greens and a 3G 5-a-side pitch. The tennis courts and pétanque court are free to use and do not require booking. For more information or to make a booking, visit reception at MyActive Leek, head to MyActive.uk, or scan the QR code.

Brough Park Active Zone

Brough Park Active Zone has a range of outdoor fitness equipment offering a full body workout. Download the KOMPAN app to access more functionality, including accessing pre-set workout routines and tracking your progress. Resistance can be adjusted on each machine to suit everyone's needs. Alongside this, you can also find table tennis tables, a yoga area, a trampoline, and other active and social spaces. This Active Zone is supported by Sport England's Active Environments Framework.

Brough Park Orienteering

Your time, your pace, your adventure

Whether it's a walk with the family, exploring your local park, going as fast as you can or simply just adding variety to a walk or run. Orienteering could be just the challenge you are looking for.

Your mission is to reach checkpoints or 'controls' marked on a special orienteering map. The skill and fun comes from trying to find the best route to take.

Go in your time, go at your pace. Discover your local park through a new lens.
Download a map: movemorestaffsmoorlands.co.uk/brough-park
Or pick up ay MyActive Leek.

Brough Park Bench Fitness

We've created a simple and accessible exercise routine for you to try using the benches around the grounds.

1 Chair marching

Lift each knee alternatively to engage the hip and thigh muscles.

2 Heel raises

Lift your heels off the floor while keeping the toes and balls of the feet grounded.

3 Shoulder lifts

Lift both shoulders up toward your ears, hold for a moment, then slowly lower them back down.

4 Side bends

Lean the upper body to one side stretching your arm toward the floor while keeping the hips stable.

5 Jockey lift

Lift your hips slightly off the chair with the support of your arms into a half standing position before lowering back down, engaging your core and arm muscles.



6 Arm curls

Sit tall with arms by your sides. Bend your elbows to lift your hands toward your shoulders, then lower slowly.



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ACHIEVING • EXCELLENCE

5k Route That's roughly **6,600 steps!**

Follow this line on the map >

Follow the purple route, completing three laps, and finish up at the end of Park Road to total 5K.

1k Route That's roughly **1,800 steps!**

Follow this line on the map >

Beginning at the back of the leisure centre, follow the green route, finishing at the bandstand.

Whilst the courses are mostly hard standing, there is a section across the grass which can be wet at times

Bench Points Stroll between the benches

Enjoy a walk knowing you can stop and sit down at any time.

B **Look out for the bench icons**

Scan the QR codes below to download and view the trails on your phone

Or visit movemorestaffsmoorlands.co.uk/brough-park