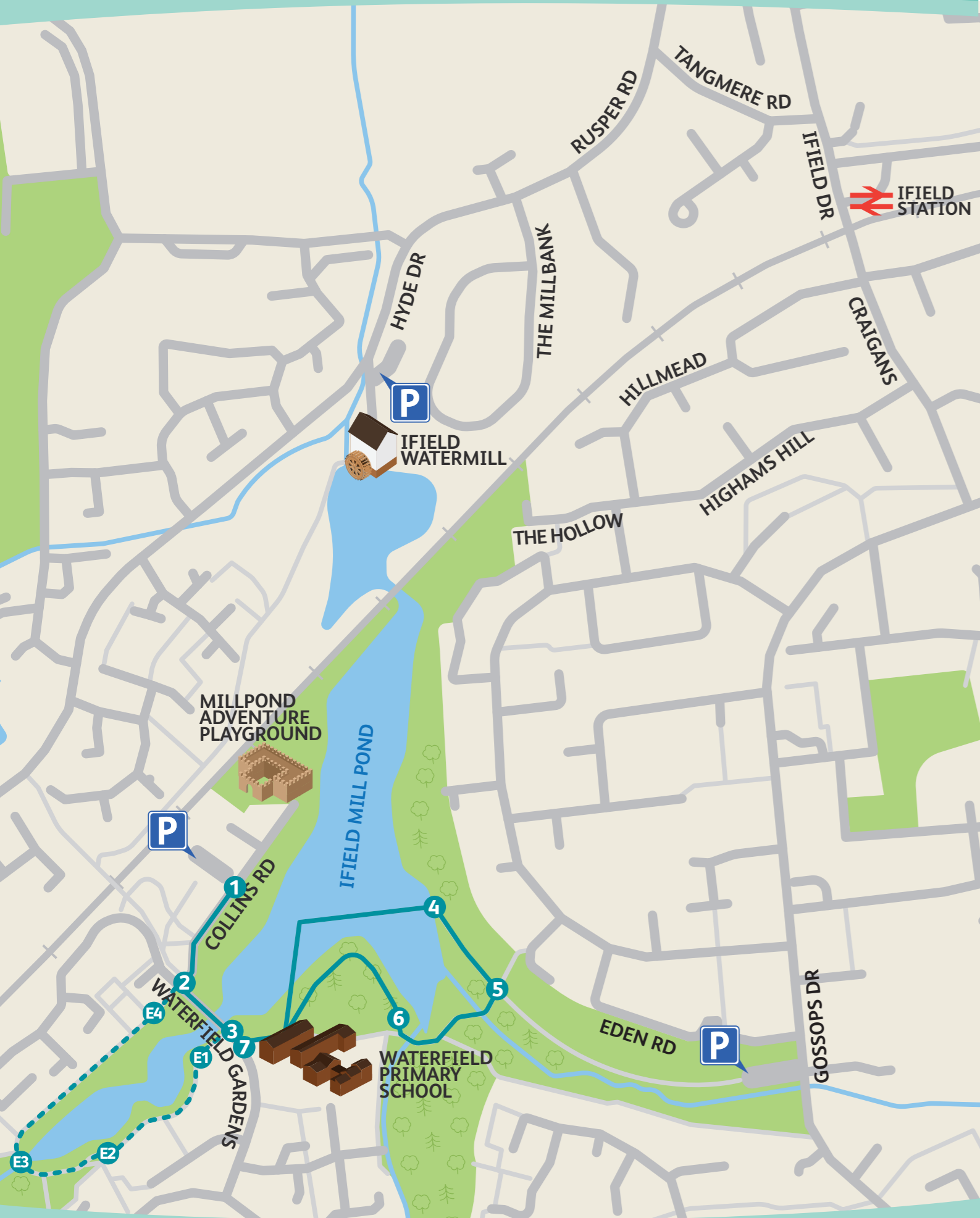


Get walking



Why walk at all?

Walking is a great form of exercise. It can help toward better physical health and can make you feel more positive too. It is available to almost anyone, of any age or fitness level and it is free!

What do you need to wear?

- A comfortable and supportive pair of shoes
- Thin layers: these are more useful than bulky clothes as you can easily add or remove them as needed, depending on how you are feeling
- On rainy days, a waterproof and an umbrella
- On hot days, a sun hat and ensure that you have applied sun cream
- Always carry a bottle of water.

One small step to a way of life

If you are just starting out with your walking, it is best to build it up gradually so that you get used to the increased physical activity that you are doing. Once you are used to walking, make sure that you keep motivated and improving your fitness by regularly changing where and for how long you walk. For a longer self-guided walk, check out www.crawley.gov.uk/healthwalks. The Ifield Watermill and Mill Pond Walk will, as the name suggests, take you past the historic Ifield Watermill.

An information leaflet about wildlife in the area and the Ifield Watermill is available for adults to download at www.crawley.gov.uk/healthwalks. Activity leaflets for children can be downloaded from this address too!

Get motivated to walk by joining a health walk in Crawley. Walks can be found at Tilgate Park, Goffs Park, Langley Green and Worth Park. For all the latest information visit www.crawley.gov.uk/healthwalks

Ifield Mill Pond walk



30 minutes



30 minute walk

Distance

Compassion Close to Ifield Mill Pond – approx. one mile (1.6km)

Compassion Close to Ifield Mill Pond returning via Bewbush Water Gardens – approx. 1.3 miles (2.1km)

Time

Compassion Close to Ifield Mill Pond – approx. 30 minutes

Compassion Close to Ifield Mill Pond returning via Bewbush Water Gardens – approx. 45 minutes

Level of difficulty

Level one (easy). The route follows mainly flat tarmacked or wooden paths and is generally on level ground.

Bus

No. 1 Bus stops in Gasson Wood Road, approx. a five min walk from the Mill Pond entrance at Waterfield Gardens.

Parking

Free parking bays in Compassion Close, RH11 8FN. There is also free roadside parking in Collins Road.

Dogs

Dogs are allowed off lead in the park so long as the owner has them in sight, can bring them to heel at any time and they do not cause a nuisance to other park users.

Refreshments

Available at Millpond Adventure Playground. Check www.crawley.gov.uk/play for opening times.

Public toilets

Available at Millpond Adventure Playground, Collins Road, RH11 8FN during their opening hours.

1 From the parking area in Compassion Close, walk away from the Adventure Playground along the pavement on the left of Collins Road with the woods on your left.

2 At the end of Collins Road, turn left onto Waterfield Gardens and walk approximately 70m until you reach the sign for Ifield Mill Pond.



3 Take a left turn onto the shared use path then almost immediately take the left most path onto the boardwalk. Continue along the full length of the boardwalk.



4 At the end of the boardwalk, turn right and follow the path, keeping the pond to your right.



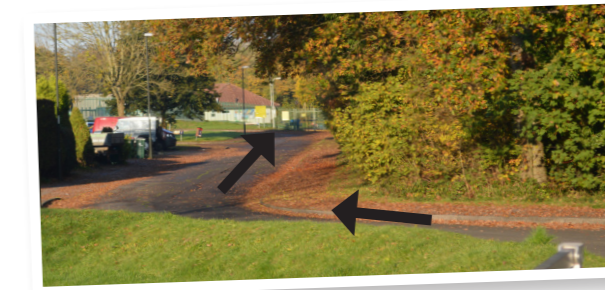
5 Where the path crosses another, turn right and cross the bridge and walk along the shared use path.



6 Cross a second bridge then immediately turn right to follow the path along the side of the Mill Pond until you return to Waterfield Gardens.



7 Turn right and walk along Waterfield Gardens for approximately 70m, then turn right into Collins Road to return to the start point.



Optional extension

E1 To extend your walk: on returning to Waterfield Gardens, cross the road and walk onto the Riverside Path signposted Bewbush Water Gardens.



E2 Continue along the riverside path, ignoring all paths to your left. Follow the path as it curves to the right until it reaches a footbridge.



E3 Cross the footbridge and follow the path to the right. Keeping the hedge on your left, follow the path straight until you reach Waterfield Gardens.



E4 Cross Waterfield Gardens and rejoin your route in Collins Road.

For more information, and to find other self-guided and guided walks in your area, visit www.crawley.gov.uk/healthwalks