



TEAM VALLEY ESTATE RIVERSIDE Health Walk

Distance:
1 miles
(1600 metres)



Team Valley Estate Riverside Health Walk

This is a linear walk alongside the river of the Team Valley Estate. The route is level and accessible in all weather conditions.

The route can be followed in either direction:

South to North - Start beside the bridge across the River Team at the junction of Queensway North and Fifth Avenue.

- Starting at the southern end, follow the compacted stone path through Twenty Pound Close Wood and then along the east bank of the River Team to Third Avenue.
- Cross Third Avenue and follow the footway beside Queensway North on the west bank of the River Team.
- The route finishes at the junction of Queensway North and First Avenue. Retrace your steps to the start.

North to South - Start at junction of Queensway North and First Avenue

- Starting from First Avenue at the northern end, follow the footway beside Queensway North on the west bank of the River Team to Third Avenue.
- Cross Third Avenue, pass over the bridge and follow the path along the east bank of the river.
- Follow the path through Twenty Pound Close Wood to the finishing point close to the junction between Queensway North and Fifth Avenue. Retrace your steps to the start.

This walk can be extended to include a guided walk through Norwood Nature Park just off Lobley Hill Road, for further information contact the Community Health Development Team on 0191 433 6952