

The Route To Health Map

Welcome!

Walking and experiencing this woodland arts trail regularly has a real positive impact on your all round health and wellbeing.

Cannock Chase provides the perfect location to walk, run and cycle. Bring the family and have a picnic during the summer or have a snowman competition in the winter.






South Staffordshire
Primary Care Trust



SHOP
TOILETS

Key for Map

-  Route to Health Start
-  Route to Health Finish
-  Rest Areas

Next Time - Pick up one of our other activity sheets and make some art with nature, explore and draw or use the "feely scavenger hunt".