

Enjoy exercising at Stockwood

Did you know that walking is an ideal gentle introduction to exercise? You can walk at your own pace and enjoy learning about the wildlife and heritage features which make Stockwood Park so special. Or pick up the pace and walk briskly to increase the cardiovascular benefits!

Farley Hill path is 1.3miles/2.2km long and goes round the north east of Stockwood Park. There are some slopes to walk up and down. You can leave your car at the Hillborough Park and Stride and stroll round the park.

The Lawn Path which connects Whitehill Avenue and Newlands Road is 0.59miles/0.95km.

The Woods and Meadow walk is the longest route at 2miles/3.2km and takes in a lot of different features along the way including the pilot area of heathland restoration, mature oak trees, beech woodland and Stockwood Discovery Centre.

Kidney Wood heritage walk is 1 mile/1.8km starting at Stockwood Discovery Centre then extending to the east and crossing London Road into Kidney Wood County Wildlife Site.

Some of the routes are adjacent to the golf course and main roads. Please take care when in these areas.

Heritage and Health walks at Stockwood

Stockwood Park first achieved the Green Flag national quality indicator for parks and green spaces in 2009. For more information visit the Green Flag Award website:
<http://www.keepbritaintidy.org/GreenFlag/>

Further Information

More about the history and management of Stockwood Park and Kidney Wood can be found in Stockwood Discovery Centre.
Tell us what you think about Stockwood Park at www.greenSTAT.org.uk
If you need to report damage to the park please phone Luton Borough Council on 01582 510333

Emergencies

In the event of an emergency, call 999.
You are in Stockwood Park,
London Road, Luton, LU1 4LX
Grid Reference of entrance gate is TL 085202



The Greensand Trust

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Stockwood Park Heritage and Health Walks

Hillborough Park and Stride
Park here walk to school and enjoy a stroll around Stockwood Park.

Farley Pond
In July and August keep a look out for the deep purple-pink flowers of **Great Willowherb** (*Epilobium hirsutum*) a great food source for insects.



Green Woodpecker

Stop and have a picnic here and listen out for the 'laughing' call of the **Green Woodpecker** as he flies overhead.

Keep a look out for the **Meadow Cranesbill** when it flowers between May and June, particularly favoured by the bumblebee.



Meadow Cranesbill

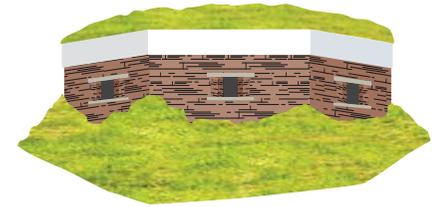
KEY

-  Interpretation Panel
-  Farley Hill Path 1.3m/2.2km
-  Lawn Path 0.59m/0.95km
-  Woods & Meadow walk 2m/3.2km
-  Kidney Wood heritage walk 1m/1.8km
-  Farley Fox Park & Stride start

Areas of mature Woodland are home to large trees such as **Oak** (*Quercus robur*) and **Ash** (*Fraxinus excelsior*).



Cutenhoe Pond is shown on maps dating back to 1880 and is likely to be a remnant of old clay workings that were prevalent in this area.



This **pillbox** was built in 1940 and is a relic from the Second World War.

Heathland restoration. **Gorse** (*Ulex europaeus*) flowers are a bright yellow and some people think they smell a little like coconut! They are an important nectar source for insects in early spring and early winter when little else is in flower.



Robin

Hedgerows are an important source of food and shelter for a variety of wildlife. Listen out for different birds singing in spring such as **Robins** and **Blue Tits**.

Along this path through the species rich grassland you might be lucky to see a **Meadow Brown Butterfly** feeding on nectar rich wildflowers.



Species rich meadow

Meadow Brown Butterfly