



Taking a walk in Castle Park is also good for your health!

Walking helps to:

- prevent heart disease
- control blood pressure
- reduce the symptoms of arthritis
- control body weight and reduce the risk of diabetes
- reduce depression and manage stress
- improve mobility
- strengthen bones

Most people need to take about 10,000 steps a day to benefit their health. You should aim to walk at a brisk pace, enough to make you feel slightly warm: you may be aware of your breathing but still be able to hold a conversation. If you are not used to taking much exercise then take things slowly at first.

If you enjoy the walks in Castle Park, and enjoy lovely scenery, then visit High Woods Country Park, off Turner Road, Colchester, where there is a series of marked Health Walks. These range from 0.5 to 2.5 kilometres in length and go through a wide variety of landscapes and wildlife habitats. There are also weekly Ranger led walks following these routes. Telephone 01206 853588 for more details.

Interesting facts about the park

- Around 40,000 colourful bedding flowers are planted every year in the park.
- The castle is Europe's largest Norman keep and has a similar floor plan to the Tower of London keep.
- Several species of bats inhabit Castle Park. The most common species, pipistrelle is very small; its body is the size of an adult human's thumb.
- There are over 90 different kinds of tree amongst the hundreds of trees found in the park.
- When Boudica (Boadicea) stormed Roman Colchester in AD60 many of the inhabitants tried to find refuge in the impressive Temple of Claudius (where the castle is today).



Castle Park is an award winning park.

Castle Park Information

Opening times

Castle Park is a public park open everyday from 7.30am until dusk.

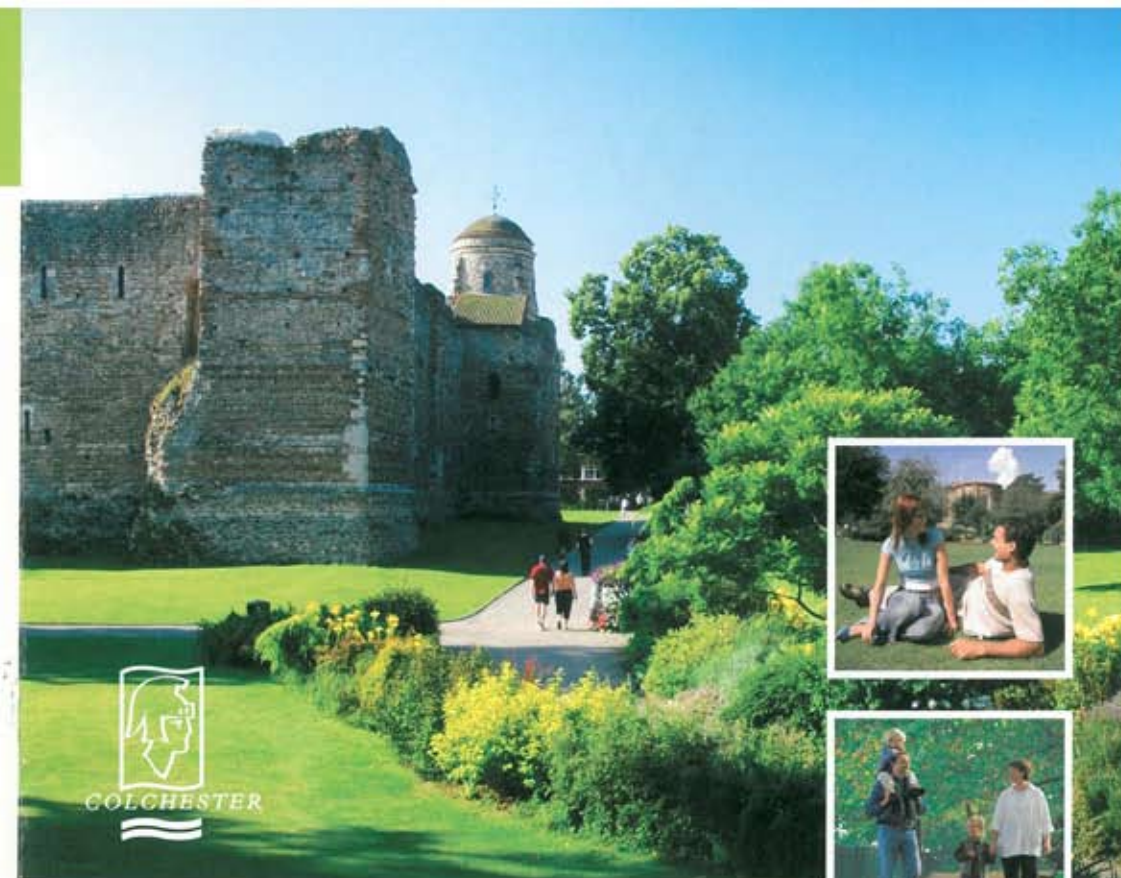
Public Transport

The park is situated off the High Street in Colchester and can be reached by bus or a 10 minute walk from Colchester Town rail station. For local travel information call Traveline on 0870 608 2 608 (or 0870 241 2216 textphone).

Contact details

Park Rangers 01206 282962 or Parks and Recreation 01206 282911
Email: parcs@colchester.gov.uk

The Castle Museum and Hollytrees Museum in the park are open 10-5 Mon-Sat and 11-5 Sundays. Please phone 01206 282939 or visit www.colchestermuseums.org.uk for more information.



For more information on healthy lifestyles visit Cornerstone at 5-7 Sir Isaac's Walk, Colchester (01206 574256) where there is a wide range of free information available.



For more information on Castle Park and other places to visit in Colchester please call the Visitor Information Centre on 01206 282920 or visit www.colchesterwhatson.co.uk

Castle Park

Enjoy a walk in this lovely and historic park

Enjoy a walk around the park



The short walk is likely to take about 15 minutes and the longer walk 25 minutes. Much of the park has important archaeology and several historic features. Opposite are a few points of interest along the walks.



Castle Park Walks

- SHORT ROUTE** ●●●
620m (0.4 miles)
or about 750 steps.
This should take about 10-15 minutes.
- LONGER ROUTE** ●●●●
1450m (0.9 miles)
or about 1800 steps.
This should take about 20-25 minutes.
- Route to lower park avoiding steps** ●●●●



1 Colchester Castle

Built in the 11th century on the former Roman Temple. The castle's 18th century owner Charles Gray added the tower, a tile roof and larger windows.

2 The Obelisk

The spot where Civil War Royalist leaders were executed in 1648 after the Siege of Colchester.

3 Avignon Garden

Lying in the former Castle ditch and named after Colchester's twin town in France.

4 Roman Pavement

A Roman house once stood here on a street that roughly follows the avenue of trees. Other Roman streets and houses lie under the park.

5 Park Lodge

The lodge was built in the 1920's as a home for the Head Gardener. The nearby grass slopes were once used by weavers from the Dutch Quarter for drying their cloth.

6 Middle Mill and River Colne

2000 years ago, the River Colne was wider than it is today and was used to transport goods. A mill on this site from the 11th Century.

7 Tank Traps

These concrete blocks were anchors for a WWII anti-tank barrier at the river ford point. This structure was one of many along the eastern defence line in England.

8 River Colne Bathing Place

Site of the town's once popular bathing place. Ladies had their own designated bathing sessions each week.

9 Roman Ditch

Remains of defensive ditch that surrounded the Roman town walls. Today the area is looked after as a wildflower area.

10 Roman Wall

Built in the 1st century AD, the Roman Walls of Colchester are the oldest in Britain. Originally standing 8m high and defended by many towers and gateways such as the nearby Duncan's Gate.

11 Hollytrees House

The 18th century home of Mr Charles Gray, MP for Colchester - the first person to landscape the park area.

