



Footpaths
to fitness

MEET THE **WALKERS**

and discover healthy walks right
on your doorstep in Tatton Park

Tatton Park

Dog Wood

Tatton is a
great place
to walk

We
love it!

Go for a
walk - just
follow the
directions
inside this
leaflet...





Footpaths to fitness at Tatton Park

Tatton's tremendous views

Tatton Park has 1,000 acres of Parkland to explore. Get active and enjoy some of Tatton's tremendous views on this circular walk along Tatton Mere and around the Park. Follow the route which is clearly marked with waymark discs and look out for amazing wildlife and Tatton's famous Red and Fallow deer along the way.

Here are a few reasons why walking is good for you...



It keeps you healthy

Walking reduces blood pressure, improves circulation around your heart and helps ward off type 2 diabetes, asthma and some cancers.

It makes you happy

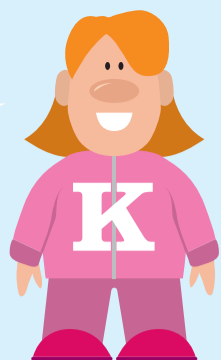
Getting happy releases feel good endorphins into the blood stream reducing stress and anxiety. Fresh air and exercise is a great **STRESSBUSTER!**

We love the outdoors

A walk in the parkland or countryside can be a great adventure for children, they can learn about wildlife, trees and flowers.

IT'S FREE!
So let's get walking.





Main Entrance (Rostherne)
Vehicle exit locked
5pm low season, 7pm high season

Footpaths to Fitness Walk is approx 5 1/2 miles = 2 - 2 1/2 hours
0 miles 0.25 miles 0.5 miles 0.75 miles 1 mile



Your step by step route guide to Footpaths to Fitness in Tatton Park

- 1** The 'Footpaths to Fitness Walk' starts here. The first section to Waymark 4 at the end of the Tatton Mere is 1.25 miles. The circular walk which is another 3 miles starts there. The whole trail will take approximately 2 hours and is easy and enjoyable walking. Stay on this track, through the next gate and up the hill to waymark post 2.
- 2** Before you continue along this track, you could go down to the jetty for one of the Parkland's 'Tremendous Tatton Views'. All 7 of these can be enjoyed when you complete the whole trail.
- 3** Now walk gradually across to the banks of Tatton Mere to the launching area and follow the track to the end of the mere.
- 4** Turn left and have a seat where the full length of the 1 mile long mere can be viewed. This is the start of the 'Footpaths to Fitness' circular walk.
- 5** Walk to the left and follow the road for about 500 yards, but before you continue, visit our bird hide shelter overlooking the beautiful Melchett Mere, take a quick detour just to the right at the T junction.
- 6** Take the grass track to the right. There is a gentle slope up the hill and down again on the route. The ground can be a little uneven in places throughout the park.
- 7** Follow the grass track fork to the left which goes up to the line of trees. This is Beech Avenue, an historic tree avenue planted in 1739. Keep the fence on your left and enjoy spectacular views across the park. Look out for the hidden 'Ice House' just before waymark 8.
- 8** Head to the Gateway in the fence downhill. The Choragic Monument in Tatton's Gardens can be seen on your left as well as beautiful views of the Mansion.

- 9** You may wish to take a detour here for some refreshments by turning left to visit the Stableyard with its shops and facilities. To continue the trail, cross the road and walk towards the clump of trees straight ahead.
- 10** Now walk straight on to the standing stone memorial. You will see Tatton's famous Red and Fallow deer here. Please do not approach them too closely. The deer have made Tatton their home since 1290.
- 11** The 'Airborne Forces Memorial' honours the men and women who trained to parachute here during the Second World War. Over 400,000 successful descents took place by No.1 Parachute Training School. Continue along the stone track to your left.
- 12** Turn right onto the grass again, heading between the two young trees in line with the far woodland. You may notice the regular undulating ground of ancient plough lines and see rabbits running off to the safety of their burrows.
- 13** Follow the obvious grass path to the right and keep the fence on your left all the way.
- 14** From here continue with the fence on your left and enjoy another 'Tremendous Tatton View' of the deer sanctuary. Access is a little difficult past here so to avoid this take the short cut through 'Millennium Wood' on the right.
- 15** Turn right onto the stone 'Mill Pool' track. The land on your left is a 'Scheduled Ancient Monument' and the features in the ground are the remains of a medieval settlement. You will pass the Old Hall on the left as you walk back to waymark 4 and complete the circular walk.

Knutsford Entrance
Vehicle exit locked
4pm low season, 6pm high season

Walkers are welcome through Dog Wood from 8am-7pm every day during high season and 8am-5pm Tuesday-Sunday during low season (closed Mondays) (There are no public rights of way through Tatton Park).



Map Key:

	Footpaths to Fitness Walk		Benches		No Vehicle Access		The Allen Bird Hide		Tremendous Tatton Views		Toilets (Summer Only)		Toilets - Accessible		Information Point		1 <i>the Stableyard:</i> the Stables Restaurant the Gardener's Cottage Tea Room the Garden Shop the Gift Shop the Tuck Shop the Cyclehire Stop the Garden Entrance
	Car Parking		2 <i>the Housekeeper's Store</i>		Parking - Accessible		3 <i>Mansion & Reception</i>		Toilets		4 <i>Gardens</i>		5 <i>Farm and Farm Gift Shop</i>		Road		6 <i>Old Hall</i>
	7 <i>Adventure Playground</i>		8 <i>the Garden Entrance</i>		9 <i>the Garden Shop</i>		10 <i>the Tuck Shop</i>		11 <i>the Cyclehire Stop</i>		12 <i>the Garden Entrance</i>		13 <i>the Garden Entrance</i>		14 <i>the Garden Entrance</i>		15 <i>the Garden Entrance</i>





Footpaths to fitness

Walking Advice: Wear comfy, strong shoes or walking boots, take a waterproof coat and a drink to keep hydrated. A snack may also be welcome....or take a short diversion to enjoy a break at either the Stables Restaurant or the Gardener's Cottage in the Stableyard. Ordnance Survey Explorer map 268 is very useful for walking around the Knutsford area.



Things to remember when walking in Tatton:

- Leave no trace of your visit: please take your litter home
- Livestock is present on the parkland all year round – dogs must be kept under close control at all times
- Respect other park users
- Enjoy the abundant flora and fauna the park has to offer, but please do not take any of it home with you
- In case of emergency (only), call the Duty Ranger mobile on 07768 154884

Experience and enjoy a wide range of both indoor and outdoor activities at Tatton.

Learn more about what's on offer by visiting Tatton's website at www.tattonpark.org.uk.

Why not share your walks and adventures with us online:

 @ILoveTattonPark  @tatton_park #tattonpark

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