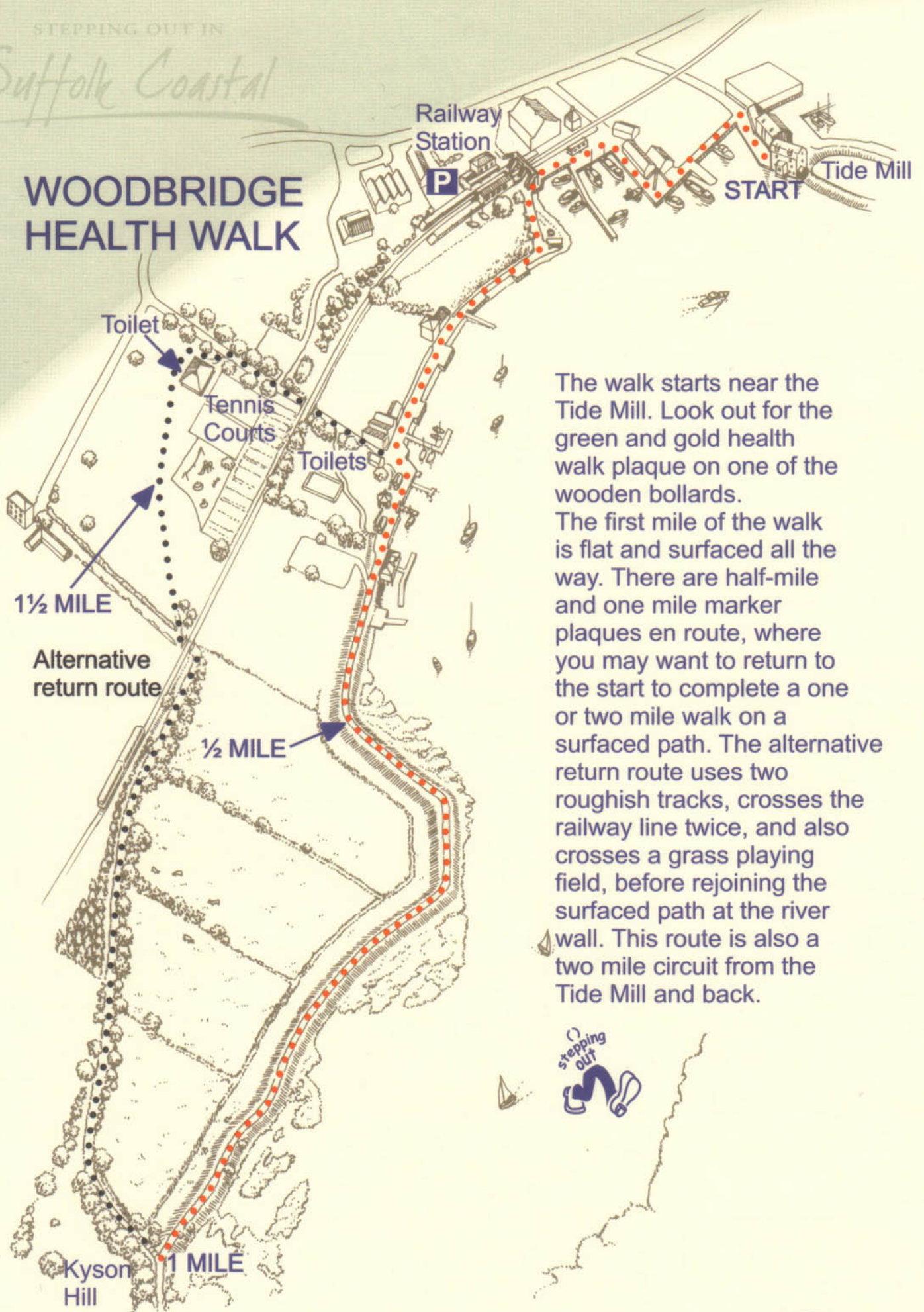


WOODBIDGE HEALTH WALK



The walk starts near the Tide Mill. Look out for the green and gold health walk plaque on one of the wooden bollards. The first mile of the walk is flat and surfaced all the way. There are half-mile and one mile marker plaques en route, where you may want to return to the start to complete a one or two mile walk on a surfaced path. The alternative return route uses two roughish tracks, crosses the railway line twice, and also crosses a grass playing field, before rejoining the surfaced path at the river wall. This route is also a two mile circuit from the Tide Mill and back.

