

Enjoy your visit but remember....

- Take care when crossing roads and don't allow children to run too far ahead.
- Supervise children close to the water.
- Do not swim in the lake or river.
- Avoid disturbing wildlife, including plants and trees.
- Keep dogs under close control and clean up after them.
- Guard against all risks of fire.
- Make no unnecessary noise.
- Take care when passing people fishing.
- Take litter home and dispose of it responsibly.
- The tarmac paths are also used by cyclists, so take extra care.

Walking the Way to Health

Walking is a form of exercise that is free, fun, suitable for all ages and a great way for families and friends to get fit together.

Just 30 minutes a day of brisk walking, on a regular basis, can have a positive effect on your health and quality of life.



Oak leaves

Walk Fact File

Start: Arrow Valley Visitor Centre, Redditch.

Length: 2¹/₂ miles, 2 hours (approx).

Terrain: Flat tarmac surfaces. Grass fields some woodland paths and one flight of steps. The walk can be wet and muddy after heavy rain, particularly during the winter months.



www.redditchbc.gov.uk

Explore Arrow Valley Country Park on the

Woodland Trail



A 2¹/₂ mile Waymarked
Circular Trail

The Woodland Trail

2 When strolling around the lake, look out for some of the wildfowl, such as the ginger plumes and slender beak of the Great Crested Grebe. Also look out for the elegant Mute Swans, Mallards, Tufted Ducks and the handsome Pochard.

3 This area known as the 'arboretum', was used as a tree nursery to provide trees for the whole of Redditch! It is not a real arboretum, but it does have a number of interesting trees. The woodland floor is home to plants like the Common Bugle.

4 Look out for some veteran and mature Oak trees including a Turkey Oak with its distinct pointy leaves. These trees are some of the oldest in the park and some are well over 300 years old! These trees were mere seedlings at the time of the Great Fire of London!

5 Look at the fine views over southern Redditch. The fields straight ahead and slightly right are three meadows, hosting many plants and grasses such as Ragged Robin. They are important scrub areas (mainly Hawthorn and Dog Rose) attracting summer migrants such as Willow Warbler, Lesser Whitethroat and Blackcap. If the playing fields are in use please walk around the edge.

Please take care when walking near water.

1 The lake is man-made, covers some 30 acres and is home to lots of wildlife. Arrow Valley Lake is an excellent place to see many species of wildfowl.

It is particularly good, during the winter months, when birds flock to the sheltered shores.

8 The Bluebell Wood contains a mixture of trees and shrubs in what is only one of only two truly natural woodlands in Arrow Valley Country Park. The rest were planted in the 1960's. Natural woodlands can be recognised by the presence of Bluebells in the spring, a common plant in Britain but rare elsewhere.

Follow the arrows back to the Centre. Why not treat yourself to some well earned refreshments.

7 Why not take a detour over the River Arrow bridge to have a look at Ipsley Pool. In the summer look out for brightly coloured dragonflies such as the 'chaser' as they hover over the water.

6 The hedge on the left of the tarmac path is part of an ancient hedgerow. It includes many species including dogwood, crab apple, hazel, field maple, holly, oak, ash, blackthorn and hawthorn.

