



Liquid relief for the thirsty at Flora's Garden, Desborough Park

Healthy Lifestyles

By looking at the chart below you can work out how many calories per mile you can burn!

	Weight in Kilograms						
	45	54	63	72	81	90	100
2.0 mph	65	80	93	105	120	133	145
2.5 mph	62	74	88	100	112	124	138
3.0 mph	60	72	83	95	108	120	132
3.5 mph	59	71	83	93	107	119	130
4.0 mph	59	70	81	94	105	118	129
4.5 mph	69	82	97	110	122	138	151
5.0 mph	77	92	108	123	138	154	169
6.0 mph	86	99	114	130	147	167	190
7.0 mph	96	111	128	146	165	187	212
Speed	Calories burned per mile						

Source: www.aboutwalking.com

Contact Details

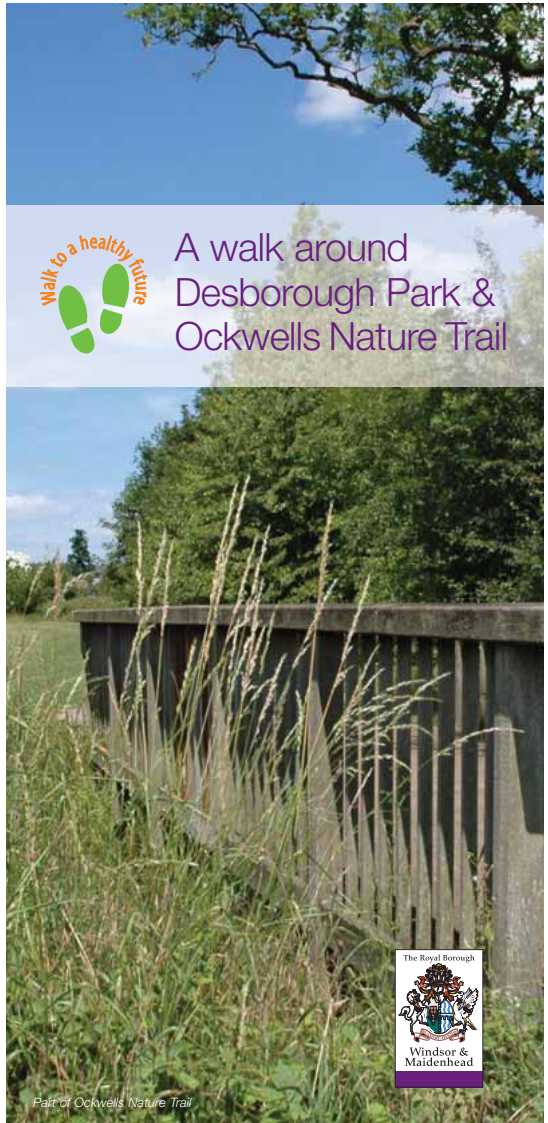
To find out more about the benefits of a healthy lifestyle and to book your introductory workout please contact one of the Royal Borough of Windsor and Maidenhead BodyZone Gyms.

Magnet Leisure Centre 01628 777003
 Windsor Leisure Centre 01753 842194
 Charters Leisure Centre 01344 628886
 Braywick Performance 01628 633200

Or visit the website at www.rbwm.gov.uk

For further information on public rights of way in the Borough, please visit www.rbwm.gov.uk/web/prow_index.htm or contact the Rights of Way Team on 01628 683800. You can also visit www.maidenhead.cc/walks for more ideas.

Please take care not to disturb wildlife living around your chosen walk and take your litter home with you. Dogs should be under control and their waste collected for disposal in the bins provided.



Part of Ockwells Nature Trail



A tranquil scene at Treesmill Open Space

Leave Ockwells Park from the main entrance and walk left along Ockwells Road. Turn right into Physicstone Close and through Treesmill Open Space and back onto Shoppenhangers Road, named after the owners of the ancient manor dating back to the early 13th century. Turn left at Cox Green Road and continue. Shortly after Cox Green Lane proceed through the underpass onto Norreys Drive and then into Norden Road. Turn right into Desborough Crescent and back into Desborough Park.

The stream drains surrounding land and flows into the larger "Cutt" beyond. The banks are very rich in a variety of wild flowers like vetches, fleabane and woundwort, whose flowers are all valuable for insects.



Teaming wildlife to be found at Ockwells Park

The large flowing stream called "The Cut" divides the park from private agricultural land. The banks provide good cover for small mammals, birds and insects. Damselflies and dragonflies are commonly seen along here in summer months and during winter the birds benefit from seeds left on plants like teasels. There are a few young trees in the park and copses will help replace the older mature trees as they decline. The rough vegetation beneath the trees has provided a habitat to support wildlife.

In the centre of the large hay meadow there are various mature oak trees. These oaks are valuable even as they deteriorate, providing habitats for larvae within the timber, which in turn are preyed upon by birds like woodpeckers which can often be seen visiting them.



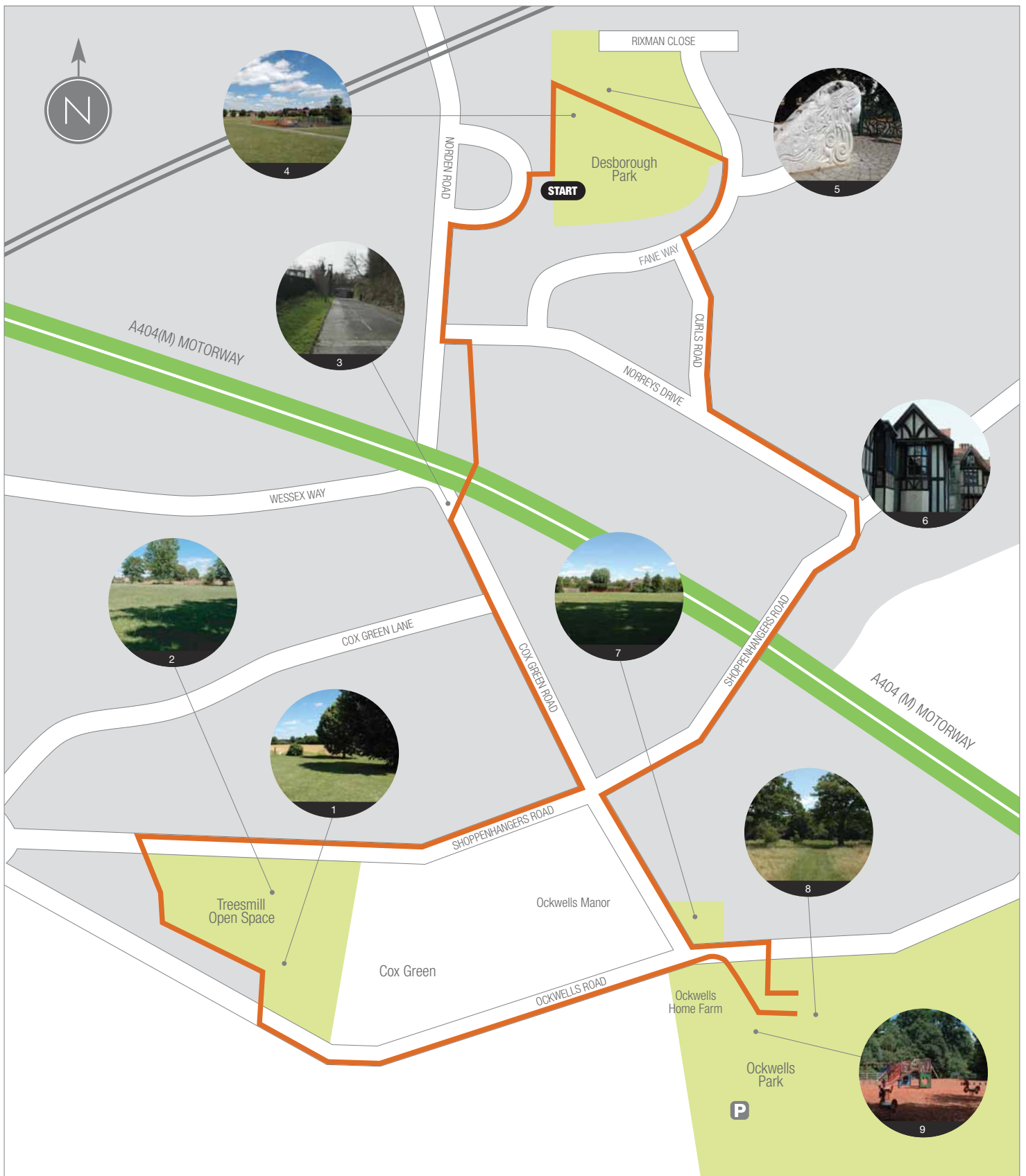
Fun for the young at heart at Desborough Park

Follow the road down until the next T Junction, then turn right into Shoppenhangers Road. At the crossroads turn left into Cox Green Road past Thornby Way Open Space and left again into Ockwells Road and Ockwells Park.



This walk is approximately 2.8 miles. An opportunity to access the extensive wildlife south of Maidenhead taking you from Desborough Park into Ockwells Park.

A walk around Desborough Park and Ockwells Nature Trail.





Legend

-  Walk 1
-  Roads
-  Built up area
-  Car Park

Picture Key

- 1 Treesmill Open Space
- 2 Treesmill Open Space
- 3 Cox Green Underpass
- 4 Desborough Park
- 5 Flora's Garden
- 6 Shoppenhangers Manor
- 7 Thurby Way Open Space
- 8 Ockwells Park
- 9 Ockwells Park Play Area

