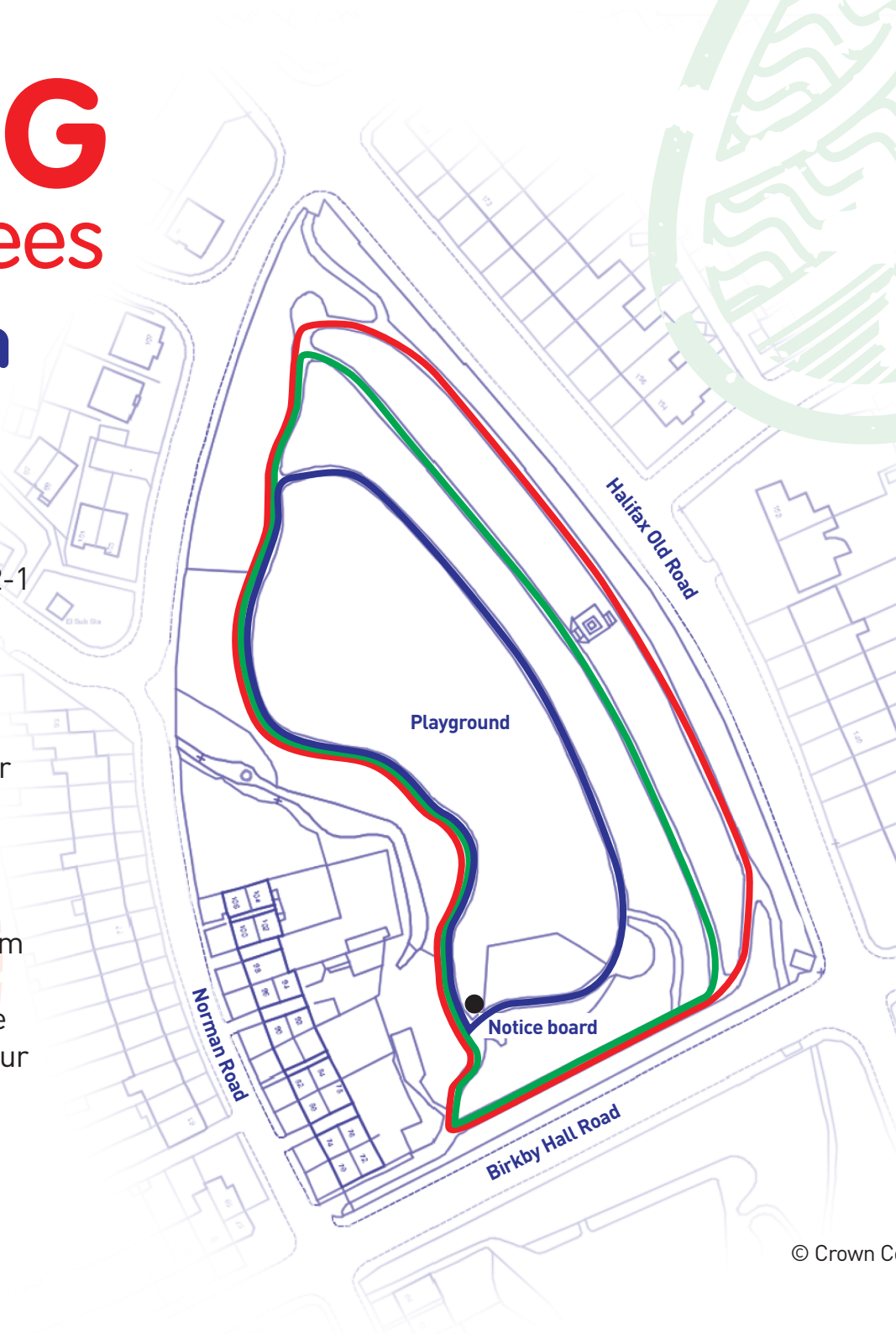


## Norman Park

### 3-2-1

Norman Park's 3-2-1 has two one mile courses within its grounds which are ideal for all, including pushchair and wheelchair users.

There is also a variety of Green Gym exercise stations situated around the park to enhance your training.



# 3-2-1

## Routes

### Route 1

Start at the notice board and go around the playground, when you arrive back at the notice board continue up to the path which runs alongside Birkby Hall Road. Turn left and continue all along the middle path, turn right and follow the top path which runs parallel to Halifax Old Road, back to the notice board via the path alongside Birkby Hall Road. Two of these laps equals 1 mile.

### Route 2

**1 x blue 2 x green + 1 x red = 1 mile**

(Route 2 Can be done in either a clockwise or anti clockwise direction.)

**Blue loop:** Start at the notice board and go around the playground .

**Green Loop:** Start at the notice board and go back to the notice board via the middle path you need to do two of these loops!

**Red Loop:** Start at the notice board and go to the notice board via the top path.