



Alvaston Park

Developed with **Peak Running**
Enabling **your** running ambitions


















Welcome to Alvaston Park

Alvaston Park is a picturesque, riverside park covering 34 hectares. It's situated in the south of Derby, about two miles from the city centre. The Park has successfully secured Green Flag Award status for the last 5 years. Alvaston Park offers a wealth of activities from fishing, exploring the science garden, riding your BMX, playing football to enjoying a leisurely walk around the historic lake. So whether you want to learn, be active or relax, there's something for everyone.








Routes

Routes are generally on hard surfaces, but some may be on gravel/bark surface. There are some woodland paths which may become muddy at times, and you may need to consider the weather conditions when choosing your route. Some surfaces may include tree roots, and all routes may have overhanging branches. Routes are directed throughout by corresponding coloured discs. Follow the symbols below so you know what to expect on each route.

Please take care on the route and make sure you are wearing suitable clothing.

	2.4km	Hard surface, gravel/bark surface, grass path.					12% or 1/8
	1.9km	Hard surface, gravel/bark surface.					5% or 1/20
	1.3km	All hard surface.					5% or 1/20

Access information

-  Steps
-  Hard surface
-  Woodland surface/tree roots
-  Gravel/bark surface
-  Grass path
-  Gradient
-  Toilets

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