

## 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.
- Close all gates that you have opened.
- 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.



Ox-eye Daisies

## Walk Fact File

**Start:** Arrow Valley Visitor Centre, Redditch.

**Length:** 1½ miles, 1 hour (approx).

**Terrain:** Flat tarmac surfaces. Grass fields. The walk can be wet and muddy after heavy rain, particularly in winter months.

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[www.redditchbc.gov.uk](http://www.redditchbc.gov.uk)

Explore Arrow Valley Country Park on the

# Meadows Trail



A 1½ mile Waymarked  
Circular Trail on flat surfaces

# The Meadows Trail

**1** On the bank to the left is a natural sewage system. Made from willow, the system filters out waste products from the Visitor Centre leaving clean water. This is a totally environmentally responsible way of disposing waste, without the use of chemicals.

## **2** Procter's Barn Meadow

Over 100 species of wildflower and grasses have been found here, including Ragged Robin, Knapweed, and Ox-eye Daisy. The meadow is cut using traditional management techniques, which are vital to maintain their importance for wildlife. Over the last 50 years, 97% of traditional wildflower meadows have been lost from our countryside, making protection all the more important.

## **3** Nut Coppice

This recently planted woodland known as Nut Coppice, is so called because it is planted with Hazel and other nut-bearing fruit trees.

**4** Along this path, look out for veteran Oak trees. They are well over 300 years old and are home to over 1000 species of plant and animal.

## Butterflies

Butterflies, like the Common Blue, thrive in the sunny glades and the long grass of the meadows, woodland edges and river margins. This is one of a number of butterflies that may be seen in the park. Look out for Meadow Browns, Peacocks and Speckled Wood.

**7** The area to the right is known as the Peace Garden. Why not take five minutes to reflect on your walk, before returning to the Visitor Centre for some well-earned refreshments.

## **6** Bluebell Wood

Bluebell Wood contains a mixture of trees and shrubs in what is only one of two truly natural woodlands in the 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 over the rest of Europe.

## **5** Spiders Web Meadows

This meadow is also managed for wildlife and has many plant species including Knapweed, Ox-eye Daisy, Birdsfoot Trefoil, as well as a variety of grasses.



Please take care when walking near water.