



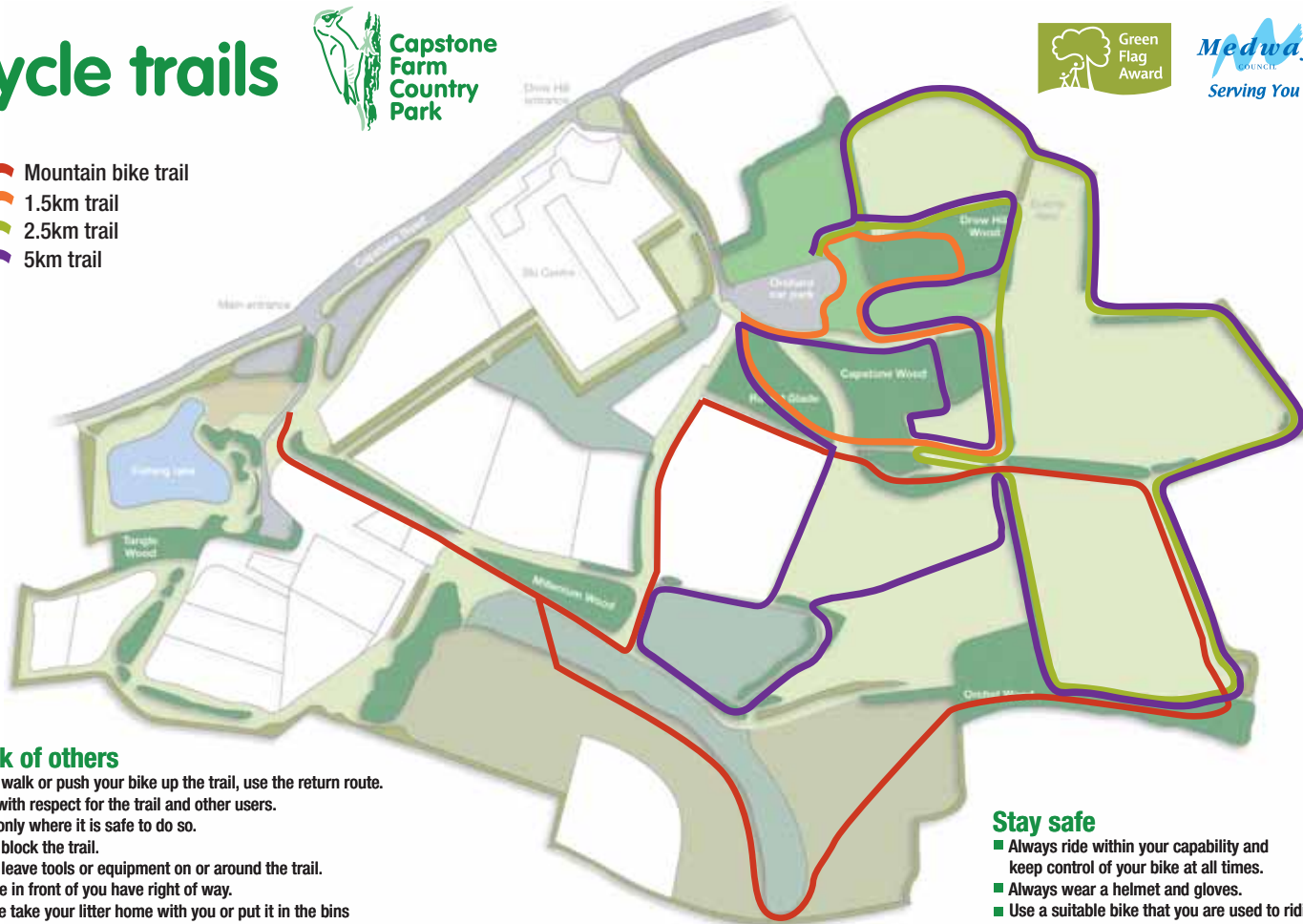


# Cycle trails



-  Mountain bike trail
-  1.5km trail
-  2.5km trail
-  5km trail



## Think of others

- Don't walk or push your bike up the trail, use the return route.
- Ride with respect for the trail and other users.
- Stop only where it is safe to do so.
- Don't block the trail.
- Don't leave tools or equipment on or around the trail.
- People in front of you have right of way.
- Please take your litter home with you or put it in the bins provided in the park.

## Stay safe

- Always ride within your capability and keep control of your bike at all times.
- Always wear a helmet and gloves.
- Use a suitable bike that you are used to riding.
- Never jump without looking ahead first.

# 10km running track




Capstone  
Farm  
Country  
Park

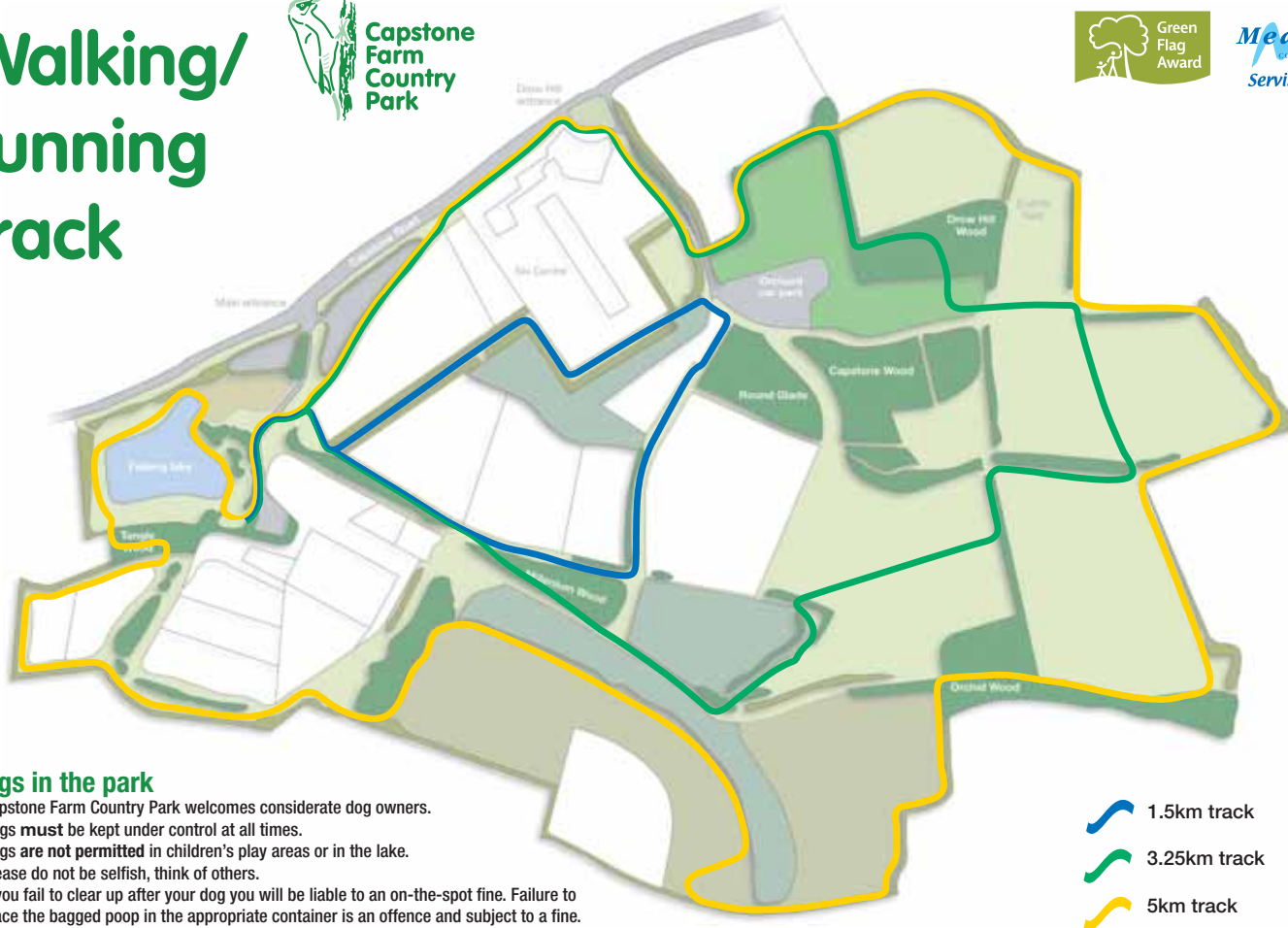


Green  
Flag  
Award



 10km running track

# Walking/ running track




## Dogs in the park

- Capstone Farm Country Park welcomes considerate dog owners.
- Dogs **must** be kept under control at all times.
- Dogs are **not permitted** in children's play areas or in the lake.
- Please do not be selfish, think of others.
- If you fail to clear up after your dog you will be liable to an on-the-spot fine. Failure to place the bagged poop in the appropriate container is an offence and subject to a fine.

 1.5km track

 3.25km track

 5km track

# 4.5km Bridleway




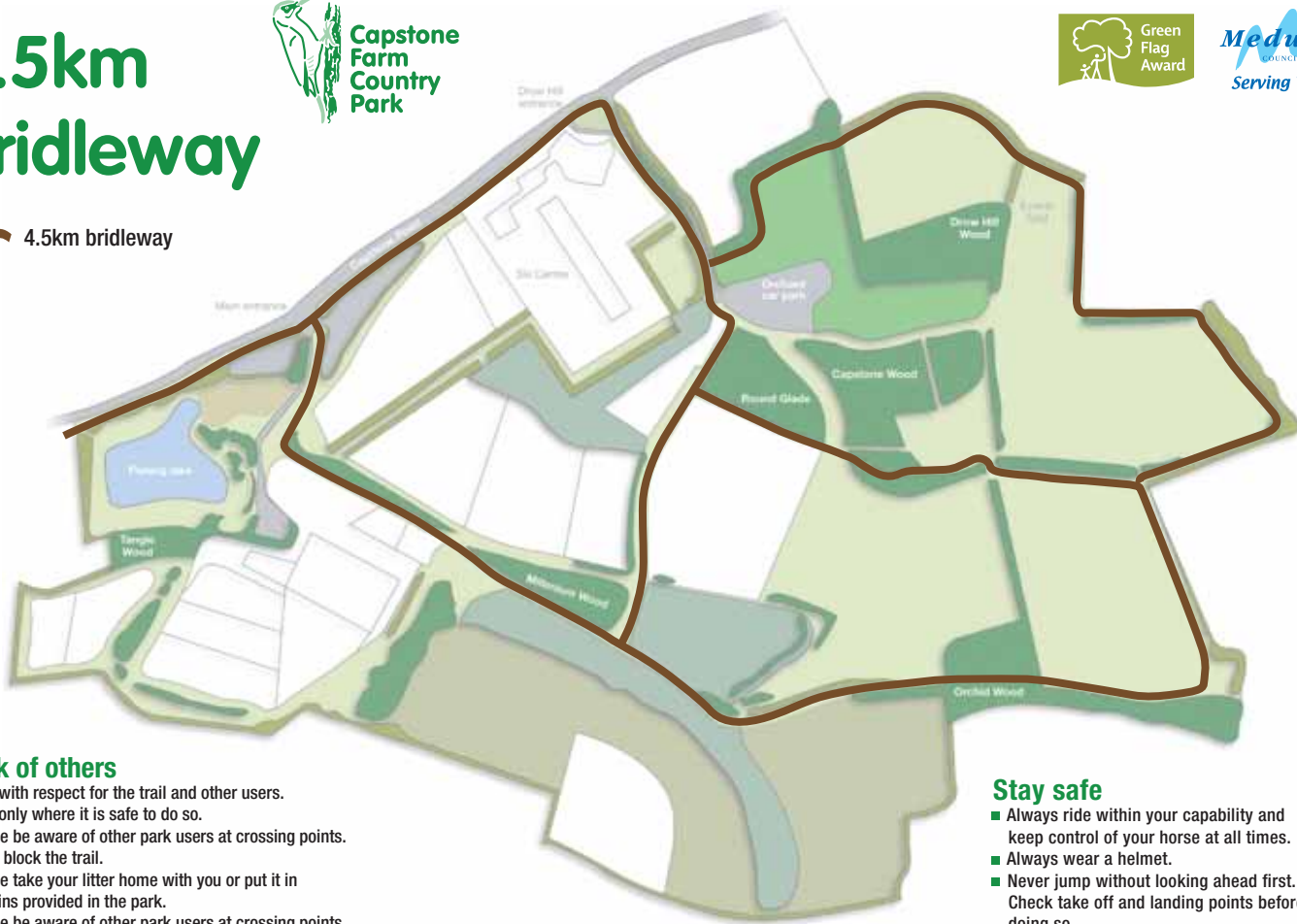
Capstone  
Farm  
Country  
Park



Green  
Flag  
Award

Medway  
COUNCIL  
Serving You

 4.5km bridlesway



## Think of others

- Ride with respect for the trail and other users.
- Stop only where it is safe to do so.
- Please be aware of other park users at crossing points.
- Don't block the trail.
- Please take your litter home with you or put it in the bins provided in the park.
- Please be aware of other park users at crossing points.

## Stay safe

- Always ride within your capability and keep control of your horse at all times.
- Always wear a helmet.
- Never jump without looking ahead first. Check take off and landing points before doing so.