

Medway Parks Mile

Serving You

Rainham Rec



Rainham Rec is a great location for walking, jogging or running in all weather conditions. It's flat and paved.

To complete a mile, all you need to do is complete 2.5 laps of the paved area.

Start at any of the three entrances, complete two laps and another half. You will end up diagonally opposite from where you started.



medway.gov.uk/sport