

Medway Parks Mile



Ryetop Playing Fields



Ryetop Playing Fields is a great location for walking, jogging or running. It is an all grass route which means it can be muddy in the Autumn/Winter months so please make sure that you are wearing appropriate footwear.

To complete a mile, all you need to do is complete 4 laps of the field as shown above.

You can start your mile at any of the three entrance points.





