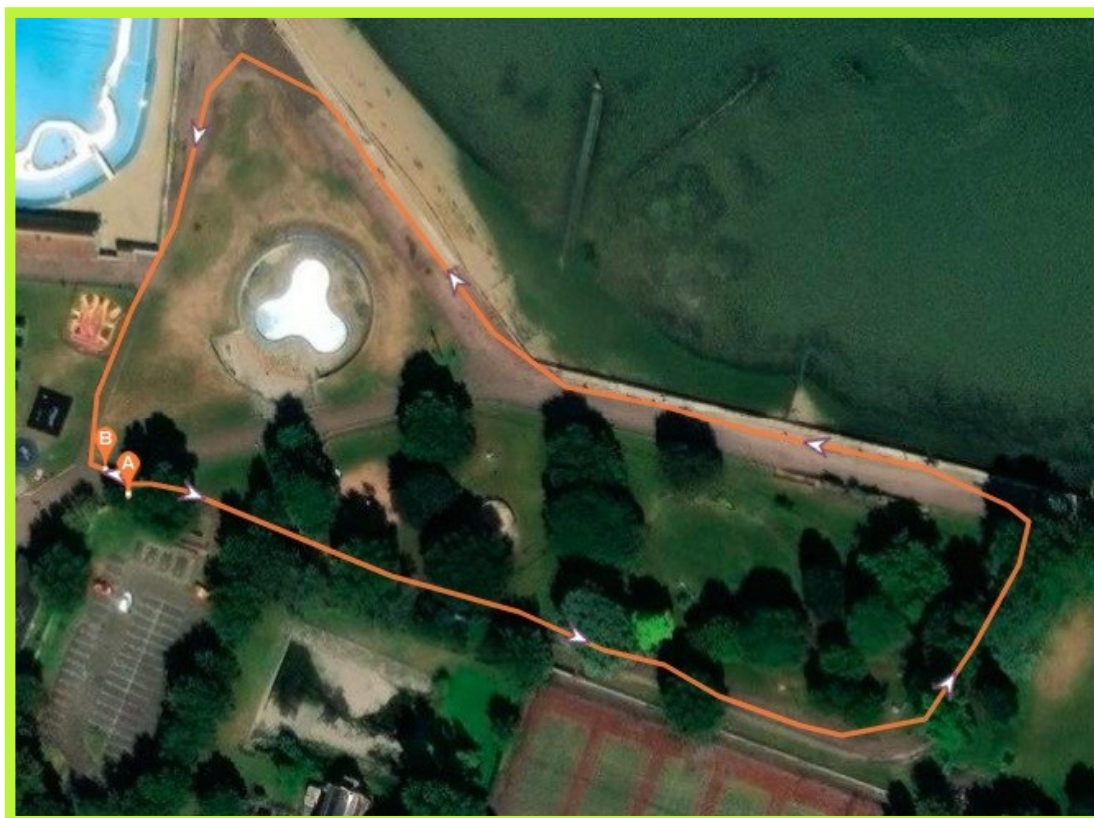


The Strand Mile



The Strand is a great location for walking, jogging or running in all weather conditions. It's flat and paved. Your walk/run can be extended further along the sea front if you would like.

To complete a mile, start at the Café facing the water. Walk along the first path on your right towards the tennis courts and pitch and putt. Follow the path all the way around to the loop, back along the sea front, around the outdoor toddler pool and back to where you started from. Complete this loop 3 times.

Remember – 3 laps equals 1 mile.