

Hempstead Recreation Ground



Hempstead Recreation Ground is a great location for walking, jogging or running the mile. It's a flat, open, grassed space but can get muddy in the autumn and winter months. Please wear appropriate footwear.

To complete a mile, start next to the play area and car park, walk twice around the perimeter of the park. After the second lap, complete a lap of the middle-treed area.

Happy Walking!