

## Park Run

Park Runs are held in Churchill Gardens every weekend and are open to everyone, no matter your fitness or pace. All you have to do is register at the address below and turn up on the day.

Adult Park Runs take place every Saturday at 9am. They provide the opportunity for you to take place in a free 5km timed run.

Junior Park Runs are also available for those aged 4-14. These take place on Sundays at 9am, where younger participants can take part in a free 2km timed run.

To register, please visit:  
[www.parkrun.org.uk/salisbury](http://www.parkrun.org.uk/salisbury)



## Gym

The Churchill Gardens Outdoor Gym includes a variety of equipment designed to help enable you to get fit and be active. There are 10 pieces of equipment located at various points around the park (please see the map on reverse), including;

- Leg Press
- Skier
- Leg Rise
- Chest Press/Shoulder Press
- Body Twist
- Rower
- Cycling Rider
- Crossrider
- Air Walker

Each piece of equipment is accompanied by a sign clearly depicting how to use them, allowing everyone to easily access this free resource.



## Churchill Gardens

— Information Guide —

Churchill Way South  
Salisbury SP1 2HS



Churchill Gardens is located just over a mile south of Salisbury City Centre within walking distance of shops, the Cathedral and Wiltshire College's Salisbury Campus. Framed to the south and the east by the River Avon, Churchill Gardens is home to a wide variety of shrubs and trees, adding considerable colour and texture to the landscape.

With a crisscross of pathways running through the park, Churchill Gardens is a popular setting for a relaxing walk alongside the river, or if you're feeling a bit more energetic, maybe a run or cycle! With outdoor gym equipment conveniently located around the park, a large and popular skate park and the new parkour course (opened 2019), there are plenty of opportunities to get active.

The park also has two children's play areas. One is located in the south west corner of the park and is aimed at younger children, with the other located towards the south east corner and aimed at the more adventurous. As well as this, the grassed areas in the park are suitable for impromptu sports or just taking in the scenery.

This information guide demonstrates the various opportunities available within Churchill Gardens and how to best utilise them.



## Parkour

The parkour course at Churchill Gardens opened in 2019 and was developed in partnership by Salisbury City Council and Wiltshire Council. It provides the community with a great opportunity to get outdoors, get active and be healthier in a fun and social way.

The £50,000 facility was funded by grants from Sport England's Community Asset Fund, the Landfill Community Trust, Salisbury City Council and Wiltshire Councils Salisbury Area Board Community Grant. It came about as a result of a group of local young people in Salisbury showing interest in parkour, but having no suitable sites to practice within the city.

The idea of parkour is to get from one randomly chosen place or object to another as nimbly as possible, with typical parkour moves including jumping, overcoming and passing under obstacles, climbing and hanging as well as some acrobatic moves.

**We recommend that younger users of this facility do so with the supervision of an appropriate adult.**



If you are interested in some information seen within this leaflet, or have noticed something is missing, please visit our website or contact us on the details below.

This leaflet has been put together by the Community Activity Leaders at Salisbury City Council.

You can contact the team on  
**01722 417100**,  
or alternatively via email at:  
[bhc@salisburycitycouncil.gov.uk](mailto:bhc@salisburycitycouncil.gov.uk)

For more information about Churchill Gardens and the services the City Council offer, please visit;  
[www.salisburycitycouncil.gov.uk](http://www.salisburycitycouncil.gov.uk)

# Churchill Gardens Map



## Location of Orienteering Control Points

- 1 to 18
- △ Start
- ⊙ End

## Routes around the Churchill Garden

- |              |       |  |
|--------------|-------|--|
| Red Route    | 0.5km |  |
| Green Route  | 1km   |  |
| Orange Route | 1.5m  |  |

- Outdoor Gym Equipment Locations
- Skate Park and Street Sports Area
- Parkour Course

- Children's Playground
- Adventure Playground
- Toilets



## Outdoor Opportunities

Churchill Gardens provides many opportunities to get active and socialise with friends. The large and popular skate park is always in use and provides a convenient area for you to practice your skateboard and BMX skills with your peers.

The street sports area located next to the skate park is an ideal place to play multiple sports, with basketball hoops and football goals provided, and ample space for rollerblading and street hockey.

With the addition of the two play areas mentioned above, and large grassed areas for impromptu sport or taking in the scenery, Churchill Gardens provides the perfect location for the whole family.

If you're looking for a more relaxing activity, the park is also ideal for a quiet walk along the River Avon, with conveniently located benches allowing you to sit and watch the ducks and swans who nest nearby.



All information provided in this leaflet was correct at the time of printing and Salisbury City Council will not be held to account for any details that may have changed. We recommend contacting providers such as Park Run before attending to avoid disappointment.

Please note that this leaflet is not definitive and there may be other activities available in Churchill Gardens that we were not aware of.



## Our Parks

We would love for you to enjoy our Parks and Open Spaces in Salisbury, and work hard to ensure they are clean and free to access for everyone. However, we need your help in achieving this;

Please keep dogs under control and clean up after them. They are more than welcome in our parks, but please remember not everyone is as fond of our four legged friends.

Please take your litter home and help keep the rivers and pathways clean, while protecting the wildlife, plants and trees.

Please consider other people who may be using the park while doing your chosen activity. Churchill Gardens benefits from large open areas, providing plenty of space for everyone to relax and enjoy.

