

Your Jericho Health Walks

Jericho is a great place to spot a wide range of birds, animals and plants.

Use the Routes Map and Photos, to help you answer the questions below and keep a record of what you see along the way.



Note your walks, record your sightings...

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Jericho Health Routes Supporters

This project is coordinated by the charity, the Centre for Sustainable Healthcare which runs pioneering programmes to engage health professionals, patients and the wider community with the common ground between personal wellbeing and wider environmental concerns. For more information please visit the website: www.sustainablehealthcare.org.uk



The Centre for Sustainable Healthcare gratefully acknowledges funding for the Jericho Health Routes from:



We would also like to thank all of the individuals in Jericho and the various organisations based in the community who have helped with ideas and support for the Jericho Health Routes.

The Centre for Sustainable Healthcare is registered as a charity no: 1143189



CENTRE for SUSTAINABLE HEALTHCARE
inspire • empower • transform

Jericho Health Routes

Jericho Health Routes are part of 'NHS Forest' - an exciting charitable project enabling hundreds of communities to use green spaces to benefit their health and wellbeing. The Jericho Health Routes link together to explore this interesting area.



Studies show that spending time outdoors has multiple health benefits, and that trees and green space can provide a 'natural health service'.

Walking has so many health benefits - you can lose weight, lower your blood pressure and improve your mood - All for FREE!



Jericho Health Routes Map

Map Key

- - - Route 1
- - - Route 2
- - - Route 3
- Footpaths
- River/Stream
- Open Grass Area
- Allotment/Green Space
- School
- Churches/Synagogue
- Medical Practice/Centre
- Leisure Activities
- Refreshments
- Park Facilities/Playground
- Community Centre



Please Note:
Route 3 has steps and so is unsuitable for wheelchairs

To view the online interactive version of the Jericho Health Route Map, scan here:

