

## Enjoy your visit but remember....

- Supervise children close to the water.
- Do not swim in the lake or river.
- Avoid disturbing wildlife, including plants and trees.
- Keep dogs under close control and clean up after them.
- Guard against all risks of fire.
- Make no unnecessary noise.
- Take care when passing people fishing.
- Take litter home and dispose of it responsibly.
- The tarmac paths are also used by cyclists, so take extra care.

## Walking the Way to Health

Walking is a form of exercise that is free, fun, suitable for all ages and a great way for families and friends to get fit together.

Just 30 minutes a day of brisk walking, on a regular basis, can have a positive effect on your health and quality of life.



## Walk Fact File

**Start:** Arrow Valley Visitor Centre, Redditch.

**Length:** 1 mile, 1/2 hour (approx).

**Terrain:** Flat tarmac surfaces.

Explore Arrow Valley Country Park on the

# Lakeside Trail



A 1 mile Waymarked  
Circular Trail on flat surfaces

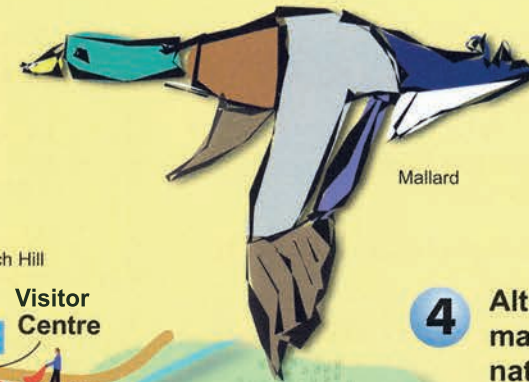
# The Lakeside Trail

**2** When strolling round the lake, look out for some of the wildfowl. You may see the ginger plumes and slender beak of the Great Crested Grebe. It is fascinating to watch as it dives for small fish and resurfaces with its skillful catch. Also look out for the elegant Mute Swans, Mallards, Tufted Duck and the handsome Pochard.

To the west of the lake is the River Arrow. This too is an important haven for wildlife, ranging from Kingfishers to Water Crowfoot, a member of the buttercup family, which lives in clean flowing water. The Water Vole also lives here, even in the heart of Redditch! This shy creature is not a Rat but is often mistaken for one. The Water Vole is rarely seen, but can usually be identified by a loud 'plop' as it enters the water.

**3** As well as being important for wildlife, the lake is popular for fishing and watersports, with its own sailing club. Local school and community groups are instructed from the Countryside Centre. The water is quite a contrast to the racecourse that was sited here before the lake was excavated!

**1** The lake is a man-made open body of water that covers some 30 acres and is home to lots of wildlife. Arrow Valley Lake is an excellent place to see many species of wildfowl. It is particularly good, during the cold winter months, when birds flock to the sheltered shores.



**4** Although the lake is man-made, it is fed naturally by the Blacksoils Brook in the north-east corner of the lake.

A weir controls water intake. The brook continues down the east side of the lake and enters the River Arrow just below the southern tip of the lake.

Now why not return to the Visitor Centre for some well-earned refreshments!



Please take care when walking near water.