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Villagers can leapfrog and birdwatch at the same time on fit trail

BRAISHFIELD folk can now keep fit while watching the village's wildlife.

A 200-yard Discovery and Fitness Trail between Braishfield Primary School and the recreation ground has been officially opened.

The project was made possible by a £5,000 grant from Biffa Waste Services.

The trail has 10 fitness stations, including press-up areas, a balance run, hurdles and leapfrog posts.

The trail will also include a variety of habitats and feeders for birds, hedgehogs, butterflies and ladybirds.

Braishfield Village Association chairman, George

Elliott, opened the trail, which has been designed to encourage activities for "body and mind" and for all age groups.

Parish council chairman, Mike Prince, said: "Thanks to the funding from Biffaward, this trail will now be a key aspect in encouraging fitness, learning and confidence among all members of the community."

Headteacher at Braishfield Primary School, Caroline Carter-Frost, also welcomed the new facility.

"We are in the most fortunate position of being part of a very supportive village community at our school. We have always made good use of the recreation ground and now we can extend the opportuni-

ties for our children from the ages of four to 11 in terms of their physical fitness and their knowledge and understanding of the world of nature that is all around them in this delightful village."

Cath Hare, Biffaward assistant programme manager, said: "Outdoor spaces are incredibly important, and the Braishfield Village Discovery and Fitness Trail will be a fun, stimulating and engaging place for both children and their parents to enjoy."

Last year, a £42,000 state-of-the-art playground was built at the recreation ground.

● For more pictures, visit romseyadvertiser.co.uk.



Getting the right balance... Braishfield Primary pupils put the trail through its paces

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