TAKE THE CHALLENGE OF OUR

Clifftop Exercise Circuit

1/2 - 1 Mile

Blue Dolphin
Holiday Park

1 MILE

Exercise Area 2
Over & Under Hurdles

1/2 MILE

Exercise Area 3
Rise & Fall
Balance Beams

This Area is
Unsupervised

Exercise Area 1
Straddle Jumps

Exercise Area 4
Step-Ups &
Monkey Bars

Football
Pitch

WARM UP
AREA

START

N

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