

Welcome to the Harrow Lodge Park 2km Trim Trail route and 5km running route.

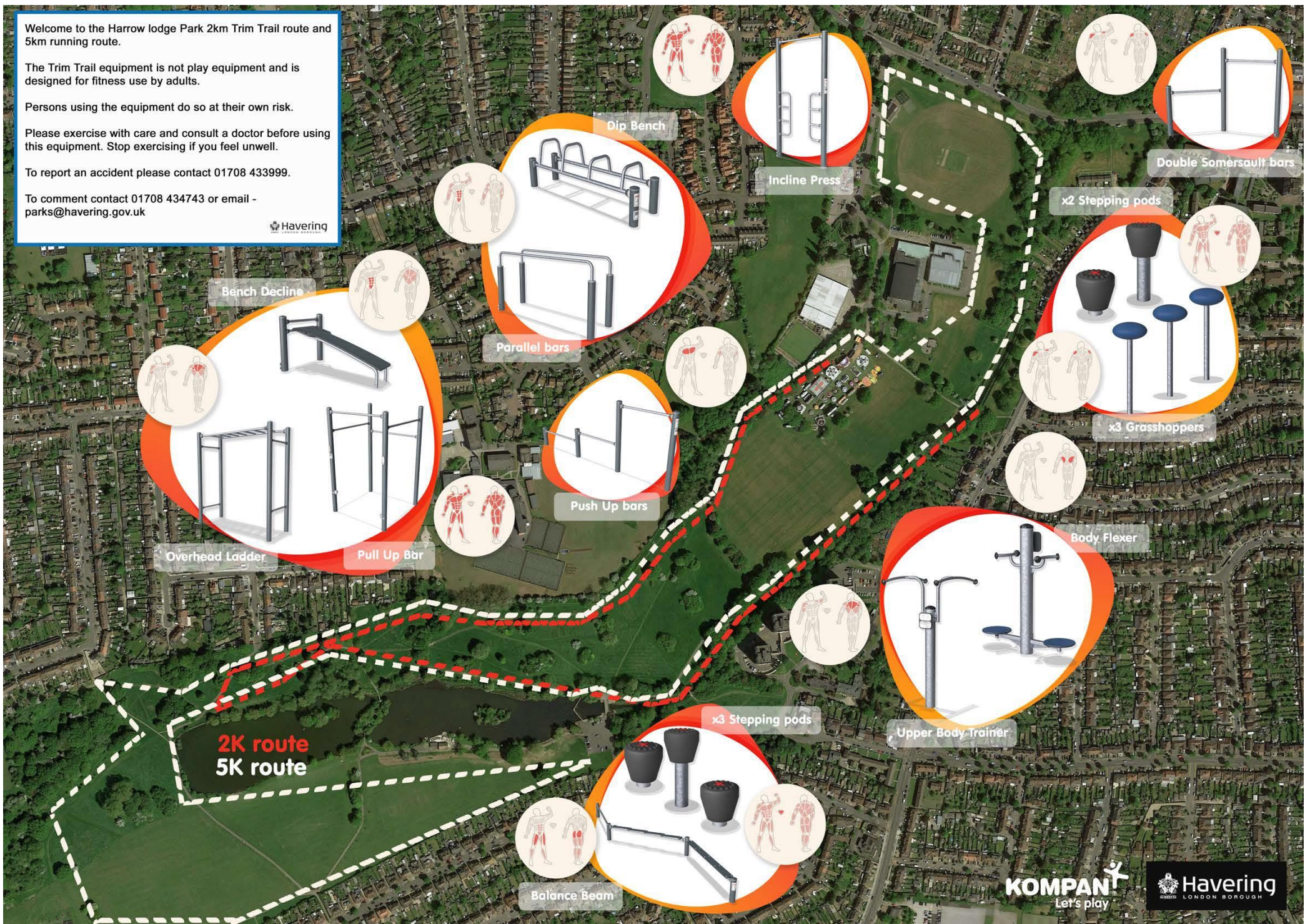
The Trim Trail equipment is not play equipment and is designed for fitness use by adults.

Persons using the equipment do so at their own risk.

Please exercise with care and consult a doctor before using this equipment. Stop exercising if you feel unwell.

To report an accident please contact 01708 433999.

To comment contact 01708 434743 or email - [parks@havering.gov.uk](mailto:parks@havering.gov.uk)



**2K route**  
**5K route**