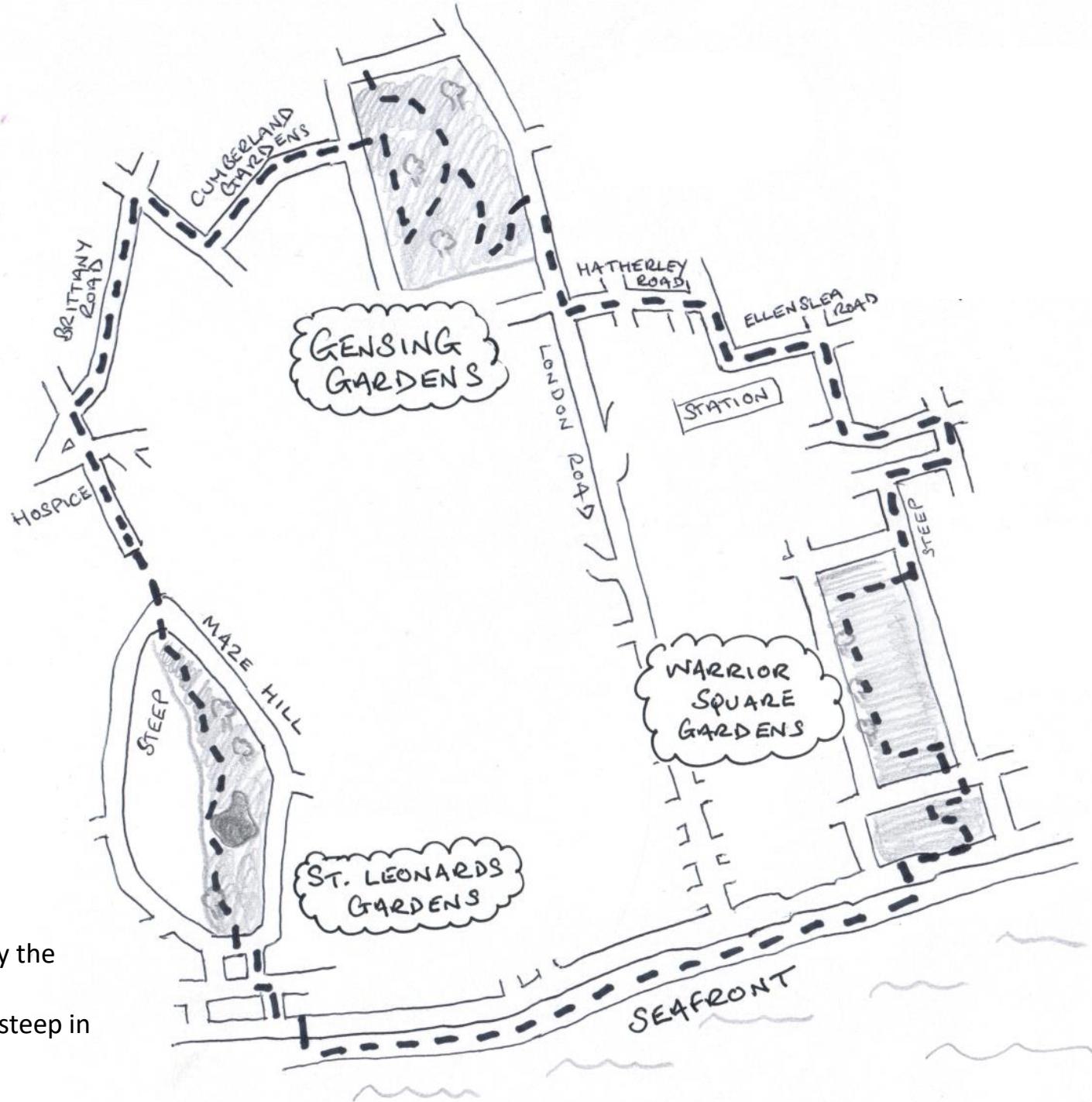


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Three beautiful gardens linked up by the stunning seafront and fairly quiet roads.

Take care: Crossing roads; paved all the way but steep in places and some steps.

Difficulty level: Mostly easy, except for steps.

Nearby postcode: e.g. TN38 0QH (Gensing Gardens)