

Brent Reservoir

The trail has routes ranging from 0.4km to 1.6km, with activities for you to do along the way.

Capital Ring 1.6km

Waterside Leg 0.4km

Neasden Leg 1km

Tick off activities as you go along the routes, you can come back again anytime and complete any you don't do or do them again:

- 1 Super Stretch
- 2 Waggle Dance
- 3 Dragonfly Breathing
- 4 Mission Bird Spotter
- 5 Stop and Look
- 6 Code Breaker
- 7 River's Story
- 8 Jumphline

Let's Go Outdoors!

Family Wellbeing Trail

Location: Brent Reservoir

▲ What3words: proper.pilots.curving

Hello, Explorers!

We're the Canal & River Trust, and we care for over 2000 miles of canals and rivers across England and Wales.

Spending time moving by the water makes us happier and healthier — so Let's Go Outdoors! and explore our Brent Reservoir wellbeing trail together.

Share your moments:
[@canalrivertrust](https://www.canalrivertrust.org.uk)

Explore fun activities:
[canalrivertrust.org.uk/explorers](https://www.canalrivertrust.org.uk/explorers)

We would love to hear your feedback on this activity. Please fill in our quick survey.



Working with Happy Confident Kids, this project is made possible by Sport England to enable families to move and connect with nature along our wonderful waterways.

Remember to stay SAFE near water and Stay AWAY From the Edge. Be sensible, never enter the water and in an emergency, call 999 immediately.



