

Walking has been described as the perfect exercise, and we completely agree!

Healthy Bodies

Walking is a normal, every day activity - and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. It gives us energy.

Healthy Minds

Walking – Just like when we do any kind of exercise, our brains release chemicals that make us feel good. This means walking can help with things like depression, stress and anxiety.

Meet New People

Walking as part of a group is a good way to start and keep going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area.

Preventing Illness

Being active is a great way to help reduce the risk of a number of different illnesses. People who stay active are less likely to have certain types of cancer, diabetes and heart conditions.

Walking for Health is run by the Ramblers. By sharing their walking and health expertise they enable our schemes to offer short, free, local health walks in communities across England.

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@healthywalks



www.warwickdc.gov.uk



Health Walks

in Warwick District



For more information visit our website
www.walkingforhealth.org.uk

First steps to a happier, healthier you

About Walking for Health

Why not join one of our regular Walking for Health walks in Leamington, Warwick, Kenilworth or Hampton Magna.

A great way to keep a healthy mind and body, meet new people and prevent illness.

Walks are led by a friendly team of volunteers and vary in length and distance from half a mile to four miles depending on your walking ability and most cater for wheelchairs.

Royal Leamington Spa SYDNI STROLL FOR BEGINNERS

Where	SYDNI Community Centre, Sydenham, CV31 1PT
When	Every Wednesday at 10.30am
How long	60-90 minutes How Far? Up to 3 miles
What do I need	The route varies each week dependant on weather and walking abilities. Just a good pair of shoes as it's a bit muddy in parts!
Toilets and refreshments are available; wheelchair accessible; parking nearby	

Royal Leamington Spa BRUNSWICK HUB

Where	98-100 Brunswick Street, CV31 3BD
When	Every Monday at 11.45am; walk starts at 12pm
How long	1 hour How Far? 1-3 miles depending on ability
What do I need	The walk takes in Eagle Rec, Jephson Gardens and the Pump Room Gardens. Just yourself and some sturdy shoes!
Toilets and refreshments are available; wheelchair accessible; parking nearby	

Warwick PRIORY POOLS PARK

Where	Packmores Community Centre, Sussex Court, Lyttelton Road Warwick CV34 5EP
When	Every Monday at 10am
How long	30 minutes How Far? 1 mile/flexible depending on ability
What do I need	Suitable footwear.
Toilets and refreshments are available; wheelchair accessible, pushchair accessible; public transport accessible	

Warwick CHASE MEADOW

Where	Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT
When	Every Tuesday at 11am
How long	50 minutes How Far? 1.5 miles
What do I need	Suitable footwear.
Some comfy shoes and weather-appropriate clothing. Toilets and refreshments available; wheelchair accessible; parking nearby	

Hampton Magna THE OPEN DOOR CAFÉ

Where	3 Slade Hill, Warwick, CV35 8SA
When	Every Wednesday, 11am
How long	Vary from 60-90 minutes How Far? 2.5 to 4 miles. Weather dependant Call Caroline Edwards for more details 07816 074387
What do I need	Just yourself and suitable footwear as paths can be uneven or muddy depending on the walk.
Toilets and refreshments available; wheelchair accessible; car parking nearby	

Kenilworth CASTLE MEDICAL CENTRE

Where	Castle Medical Centre, 22 Bertie Road, Kenilworth, CV8 1JP
When	Every Monday 12noon & and first Tuesday of the each month at 12noon. Please call 01926 427684 or look online for further information.
How long	30 minutes How Far? 0.5-3 miles depending on ability
What do I need	Just yourself!
Toilets, public transport accessible & car parking nearby	

Kenilworth ABBEY FIELDS

Where	Abbey Medical Centre, 42 Station Rd, Kenilworth, CV8 1JD
When	Every Friday at 12.30pm
How long	30 minutes How Far? From 0.5 to 3 miles depending on ability
What do I need	Sturdy footwear is handy, you might also want to bring a camera as there are some spectacular views of St Marys abbey and the lake always has a range of ducks and geese.
Toilets and refreshments available; wheelchair accessible with car parking nearby	