Welcome to Wokingham Borough Health Walks

If you enjoy walking, would like to improve your health and meet some new friends, the Health Walks are just what you need! Every week there are 16 walks in the Wokingham borough led by trained volunteers. The emphasis is on brisk walking to improve your health, but don't worry about how fast you can walk, we always have a leader and a back up so that everyone can walk at their own pace.

Why should I walk?

Walking is simple, free and you don't need any special equipment. It's fantastic for your health as it can help to reduce: coronary heart disease, diabetes, high blood pressure, strokes, osteoporosis, stress, bowel cancer & Alzheimer's disease. And if that's not enough, walking can increase life expectancy, confidence, stamina and also help with weight loss.

How often should I walk?

You can walk as little or as often as you like but it is recommended that you take 30 minutes of "moderate exercise" 5 times per week, this is equivalent to 5 brisk walks.

I'm not fit enough!

Not a problem. Everyone is encouraged to walk at their own pace so that you can slowly build up your strength. If you haven't exercised in a while try the short strolls on Tuesdays or Wednesdays as a starter (see programme).

Where do I start?

The walks programme is shown overleaf, you can try any of the walks, just turn up on the day about 10 minutes before the start time, you will recognise the leaders by their bright red shirts.

Activities & Offers

Health Walkers can also benefit from a range of activities and offers available through the Countryside Service, eg at the Multi Activity Centre at Dinton Pastures Country Park. If you would like to join the mailing list to receive this information, please contact the Countryside Service on 0118 9342016 or countryside@wokingham.gov.uk.

Information for walkers

- Please wear sturdy boots or shoes that are comfortable for walking. Some paths
 may be muddy or rough. In winter you will probably need waterproof footwear.
- It is best to wear lots of thin layers so that you can remove layers as you get warmer!
- In summer it is advisable to use sunscreen, wear a hat and bring a small bottle of water to drink.
- If you have any medical conditions please check with your doctor before walking.

On the walk:

- Please try and keep between the two leaders unless you know the route well.
- Let the leaders know if you wish to leave the walk or go on ahead on your own.
- If you have a medical condition which you think may affect you whilst walking e.g. diabetes or heart condition, please let the leader know before hand. If you have any problems stop and wait for the back marker, all leaders do have mobile phones and most carry first aid kits.
- If you are allergic to anything in particular and carry an Epi-pen please inform the leader before the walk.
- When walking in fields please keep to paths and try to avoid livestock and dogs.
- When walking on roads please walk in single file and towards oncoming traffic.
- Please note we have a 'no dogs' policy.
- We don't teach stretching exercises anymore but obviously you are welcome to do your own!
- You walk at your own risk.

Which walk should I choose?

All of the walks have been graded. If you look at the details below you can find out what to expect from each walk. If you have not exercised recently or are recovering from an illness it may be advisable to start with the stroll.

	Length	Difficulty
Stroll	1 mile	Flat , no hills or stiles
Easy	2- 3.5 miles	Mostly flat
Medium	2- 3.5 miles	May involve small hills
Hard	3-4 miles	May involve hills, stiles/steps

Walks Programme from April 2013 - March 2014

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Time	Grade	Meet	Walk	
10 am	Medium	Redlands Farm Car Park, Evendons Lane, Wokingham RG41 4DX	2.7 miles Walk around Sand Martins Golf Course.	
	Medium	East Park Farm (car park) Park Lane, Charvil, RG10 9TR	2.9 miles Walk through Twyford, Charvil or Ashenbury Park.	
6.30 pm	Medium	Maiden Centre Car Park, Kilnsea Drive, Lower Earley, RG6 3HE	3 miles Around paths of Lower Earley	
10 am	Easy	Car Park, Dinton Pastures, Davis Street, Hurst, RG10 0TH	2.8 miles Walk around the lakes of Dinton Pastures	
10 am	Stroll (beginners)	Car Park, Dinton Pastures, Davis Street, Hurst, RG10 0TH.	1 mile Short half hour walk around Dinton Pastures For those who want a short, gentle walk.	
10 am	Medium	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU	2.3 miles Through fields and woods	
ay 10 am	Hard	Car Park at Royal County of Berkshire Sports & Social Club, Sonning Lane, Sonning. RG4 6ST	3.5 miles Along the Thames Tow Path towards Reading	
ay 10 am	Medium	Finchampstead Surgery, Finchampstead Road RG40 3RG (please park in Public Car Park rear of shops)	2.5 miles Through the fields of Finchampstead or California Country Park	
ay 10.30am	Stroll (beginners)	California Country Park, RG40 4HT	Approx 1 mile Shorter walk around the lake and Everglades	
10 am	Easy	Crescent Community Centre, Warbler Drive (near Police Station) Rushey Way, Lr Earley, RG6 4HB	2.8 miles Through Laurel Park and round Maiden Erleigh Lake	
10 am	Hard	Henry Street Garden Centre, Arborfield, RG2 9JY	3.5 miles Beautiful walk, stunning views. Can be muddy/wet!	
10 am	Medium	Comet Way, near Community Centre off Hurricane Way, Woodley. RG5 4LY	2.1 miles Lanes and Ashenbury Park.	
10 am	Hard	Car Park, School Lane, Wargrave RG10 8JS	2.7 miles. Various routes around stunning Countryside.	
10 am	Medium	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU	2.9 miles Pleasant route around the Emmbrook Area.	
1 st Friday in Month only	Stroll	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham RG40 5 TU	1 mile Route around the Emmbrook area.	
10.30 am 10 am	Medium	Tesco Car Park, Finchampstead Road, Wokingham, RG40 2NS	3.8 miles Discover Wokingham's countryside.	
10.00 am	Easy	Main car park, Dinton Pastures Davis Street, Hurst, RG10 0TH	2.8 miles Around the lakes of the Country Park	
	10 am 10 am 6.30 pm 10 am	Time Grade 10 am Medium 10 am Medium 6.30 pm Medium 10 am Easy 10 am Stroll (beginners) 10 am Medium 10 am Medium	Time Grade Meet 10 am Medium Redlands Farm Car Park, Evendons Lane, Wokingham RG41 4DX 10 am Medium East Park Farm (car park) Park Lane, Charvil, RG10 9TR 6.30 pm Medium Maiden Centre Car Park, Kilnsea Drive, Lower Earley, RG6 3HE Car Park, Dinton Pastures, Davis Street, Hurst, RG10 0TH 10 am Stroll (beginners) Car Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Car Park at Royal County of Berkshire Sports & Social Club, Sonning Lane, Sonning. RG4 6ST Finchampstead Road RG40 3RG (please park in Public Car Park rear of shops) 10 am Medium Care Park at Royal Country Park, RG40 4HT Car Park at Royal Country Park, RG40 4HT Car Park at Royal Country of Berkshire Sports & Social Club, Sonning Lane, Sonning. RG4 6ST Finchampstead Road RG40 3RG (please park in Public Car Park rear of shops) California Country Park, RG40 4HT Care Park, Park, Park, Park, Park, RG40 4HT Care Park, Park, Park, Park, RG40 4HT Care Park, School Lane, Wargrave, RG40 8JS To am Medium Comet Way, near Community Centre off Hurricane Way, Woodley. RG5 4LY Care Park, School Lane, Wargrave RG10 8JS To am Medium Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Stroll Cartley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU	



Coffee and Tea after the walk. After being checked back by the walk leader some of the walks have tea/coffee facilities. Please note the tea coffee stops are not part of the programme of walks. Wokingham Health Walks do not guarantee their continuing availability.

No walks over Bank Holidays

29 March-1 April (inc)

Sat-Mon 4-6 May (inc) Sat-Mon 25-27 May (inc)

Sat-Mon 24-26 August (inc) Wed. 24 December-Thursday 1 January (inc)

SOCIAL WALKS AND EVENTS

Friday, 22 March, 2013 BREAKFAST WALK

Henry Street Garden Centre, Arborfield

Friday 31 May 2013 WALK, QUIZ and LUNCH

Time: 10.00 hours. Barkham Village Hall, Barkham

Saturday, 6 July, 2013 WALK followed by HOG ROAST

Time: 18.30 hours. Barkham Village Hall, Barkham

Saturday, 28 Sept, 2013 BARN DANCE

Walks start at 10.30 hours and are circular.

Time: 19.30 hours. Barkham Village Hall, Barkham

Wednesday, 18 December CHRISTMAS DINNER

Time: 19.00 hrs until midnight. Sonning Golf Club

All booking forms from Walk Leaders (approx 4 weeks before event) Numbers for all events are limited - pre-booking essential.

Booking forms may also be downloaded from www.healthwalks.org.uk

Longer walks

arranged by Peter Astill

Just turn up and bring a picnic lunch

Sunday 28th April 2013 - Maidensgrove, Bix and Nettlebed - Chiltern views, woodlands and bluebells.

Maidensgrove Common. Grid reference: SU 718 887. 9 miles.

Sunday 26th May 2013 - Princes Risborough and a circle around Bledlow - Open country and woodland.

Mount car park, Princes Risborough Grid reference: SP 806 035, 10.5 miles.

Sunday 30th June 2013 - Blackwater Valley, Arborfield, The Coombes - Country, riverside and woodlands.

Grid reference SU: 785 651. 11 miles. California Country Park

Sunday 28th July 2013 - Devil's Punchbowl (Surrey) - Impressive scenery, villages and heathland.

Grid reference: SU 890 357. 10 miles Hankley Common car park

Sunday 1st September 2013 - Bramshill, Eversley Church, Sandhurst lakes - Open country, heath, riverside

and lakeside. Simons Wood NT car park Grid reference: SU 813 635. 11 miles.

Sunday 29th September 2013 - Upper Pang Valley - Woodland walk through the Pang valley and villages.

Lower Bucklebury Common car park. Grid reference: SU 555 692. 10 miles.

Further details available on www.healthwalks.org.uk

Programme of longer walks from October 2013 to March 2014 will be published in September 2013

ART GROUP. Every Wednesday. 10.00-13.00 hours and 13.00-16.00 hours. £2.00 per session Venue: Multi Activity Centre, Sandford Lane, Hurst, Berkshire RG10 0SU. Telephone: 0118 934 4424 Just turn up with your own materials.

Information on walks: B. Wooldridge, Dinton Pastures Country Park, Davis Street, Hurst, RG10 0TH.

Telephone: 0118 9342016. Email: Countryside@wokingham.gov.uk



