

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.

SHINE – Over 50's Physical Activity Programme

Health Walkers can also benefit from a range of activities available through the Sports and Leisure Team at Wokingham Borough Council. SHINE is an over 50's Physical Activity programme which offers a range of classes at venues across the Borough. For further information or if you would like to attend a class please contact shine@wokingham.gov.uk or (0118) 974 3726

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!
- Bring a bottle of water to keep hydrated
- In summer it is advisable to use sunscreen and wear a hat
- 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 have mobile phones and 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

Day	Time	Grade	Meet	Walk
Monday 	10 am	Medium 	Redlands Farm Car Park, Ewendons Lane, Wokingham RG41 4DX	2.7 miles 50-60 Minutes Walk around Sand Martins Golf Course.
Monday 	10 am	Medium 	East Park Farm (car park) Park Lane, Charvil, RG10 9TR	2.9 miles 50-60 Minutes Walk through Twyford, Charvil or Ashenbury Park.
Monday	6.30 pm	Medium 	Maiden Centre Car Park, Kilnsea Drive, Lower Earley, RG6 3HE	3 miles 50-65 Minutes Around paths of Lower Earley
Tuesday 	10 am	Easy 	Car Park, Dinton Pastures, Davis Street, Hurst, RG10 0TH	2.8 miles 45-60 Minutes Walk around the lakes of Dinton Pastures
Tuesday 	10 am	Stroll 	Car Park, Dinton Pastures, Davis Street, Hurst, RG10 0TH.	1 mile 30 Minutes Short half hour walk around Dinton Pastures For those who want a short, gentle walk.
Tuesday 	10 am	Medium 	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU	2.3 miles 45-60 Minutes Through fields and woods
Wednesday 	10 am	Hard 	Car Park at Royal County of Berkshire Sports & Social Club, Sonning Lane, Sonning. RG4 6ST	3.5 miles 55-65 Minutes Along the Thames Tow Path towards Reading
Wednesday	10 am	Medium 	Finchampstead Surgery, Finchampstead Road RG40 3RG (please park in Public Car Park rear of shops)	2.5 miles 50-70 Minutes Through the fields of Finchampstead or California Country Park
Wednesday 	10 am	Stroll 	California Country Park, RG40 4HT	1 mile 30 Minutes Shorter walk around the lake and Everglades
Thursday 	10 am	Easy 	Crescent Community Centre, Warbler Drive (near Police Station) Rushey Way, Lr Earley, RG6 4HB	2.8 miles 45-65 Minutes Through Laurel Park and round Maiden Erleigh Lake
Thursday 	10 am	Hard 	Henry Street Garden Centre, Arborfield, RG2 9JY	3.6 miles 55-70 Minutes Beautiful walk, stunning views. May be muddy/wet!
Friday 	10 am	Medium 	Comet Way, near Community Centre off Hurricane Way, Woodley. RG5 4LY	2.1 miles 45-60 Minutes Lanes and Ashenbury Park.
Friday 	10 am	Hard 	Car Park, School Lane, Wargrave RG10 8JS	2.7 miles 45-55 Minutes Various routes around stunning Countryside.
Friday 	10 am	Medium 	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham, RG40 5TU	2.9 miles 50-65 Minutes Pleasant route around the Emmbrook Area.
Friday 	1st Friday in month 10.30 am	Stroll 	Cantley Park, near Wokingham Theatre off Twyford Road, Wokingham RG40 5TU	1 mile 30 Minutes Route around the Cantley area.
Saturday	10 am	Medium 	Tesco Car Park, Finchampstead Road, Wokingham, RG40 2NS	3.8 miles 60-75 Minutes Discover Wokingham's countryside.
Sunday 	10 am	Easy 	Main car park, Dinton Pastures Davis Street, Hurst, RG10 0TH	2.8 miles 50-70 Minutes Around the lakes of the Country Park

REFRESHMENTS



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.

Walking for Health Wokingham does not guarantee availability.



"It has been one of the best things I've ever done. I feel like I've found the real me again. I'm healthier, fitter, happier, more confident and finally on the way to losing that last stubborn stone in weight."

Sandra Sayce,
Health Walk participant



WOKINGHAM
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