

West Berkshire

Walking for Health

Join a walk today

just turn up and join in!



Monday

(1st & 3rd of month)

10.30 - 11.15am
11am - 12pm

Beansheaf Community Centre Calcot
Stroud Green, Newbury (Opp. The Plough Pub)

Tuesday

(1st of month)

(May-Sept)

10 - 11.30am
10 - 11am
11am - 12pm
11am - 12pm
11.30am - 12pm
7 - 7.30pm

Fairground, Mortimer (opp. Horse & Groom Pub)
Kintbury Surgery (Road Park, next to surgery)
Northcroft Leisure Centre, Newbury (car park)
Hermitage Village (Holy Trinity Church at the Lynch Gate)
Nature Discovery Centre, Muddy Lane, Lower Way, Thatcham
West Berkshire Hospital (outside the entrance)

Wednesday

10 - 11am
12.30 - 1pm

Hosehill Lake, Theale (Fox & Hounds car park)
Newbury (Council Offices, Market Street, Newbury)

Thursday

(3rd of the month)

9.30 - 10.30am
12 - 12.45pm

Kennet Valley Free Church, Carters Rise, Calcot (suitable for buggies)
Walk for mental wellbeing, Northcroft Leisure Centre, Newbury (car park)

Friday

(1st of month)
(2nd of month)
(3rd of month)
(4th of month)
(5th of month)

10 - 11.30am
10 - 11am
10 - 11am
10 - 11.30am
10 - 11am

Greenham Common (Control Tower car park)
Nature Discovery Centre, Muddy Lane, Lower Way, Thatcham
Snelsmore Common, Newbury (Rangers Office)
Hosehill Lake, Theale (Fox & Hounds car park)
Northcroft Leisure Centre, Newbury (car park)

Sunday

(2nd of month)

10am - 12pm

Stanford Dingley (The Old Boot, Stanford Dingley)

For further information on Walking for Health contact the Physical Activity Coordinator 01635 519679 walking@westberks.gov.uk

Suitable for beginners
 Everybody welcome to walk at their own pace. No stiles options available
 Brisk walks, for regular walkers



WBC/PH/ZC/1114



West Berkshire
COUNCIL