

Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 14 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Ramblers Walking for Health has something for everyone.



Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved

Stratford-on-Avon District Health Walks is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch by email leisure@stratford-dc.gov.uk or call 01789 260115.

Stratford-on-Avon District Walks Programme

2018



For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk

Supported through funding from players of People's Postcode Lottery and Macmillan

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)



Mondays at Stratford

Every Monday

Meet at 10.00am

Length 30 - 60 Minutes

Meet on the ground floor at Stratford Leisure Centre, Bridgefoot, Stratford-upon-Avon CV37 6YY

For more information contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

Mondays at Bidford

Every Monday

Meet at 10.30am

Length 90 Minutes

Meet next to The Bridge Restaurant, 55 High St, Bidford-on-Avon, Alcester B50 4BG

For more information contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

Tuesdays at Southam

Every Tuesday

Meet at 2pm

Length 60 - 90 Minutes

Meet at the Leisure Centre, Welsh Road West, Southam CV47 0JW

For more information contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

What to expect on this walk?

This is an ideal walk for beginners due to its gentle nature. The route is flat, following paths along the canal and River Avon – it is always on tarmac surfaces and paths. The walk typically ends at the RSC café for refreshments.

What to expect on this walk?

The walk varies between a few different popular scenic routes often following the River Avon to Marcliff, around the golf course and to the village of Broom. This group often stops for refreshments at the end of the walk.

What to expect on this walk?

This walk will take you through the town, local parks and historical attractions including Merestone, the Holy Well and parts of the Heritage Trail. The details of changes to the regular walk schedule can be found on the noticeboard at the Leisure Centre Reception.

Wednesdays at Stratford

Every Wednesday

Meet at 10.00am

Length 60 - 90 Minutes

Meet on the ground floor at Stratford Leisure Centre, Bridgefoot, Stratford-upon-Avon CV37 6YY

For more information contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

Wednesdays at Stratford School Athletics Track

Every Wednesday

Drop in between 5:30 – 7pm

Length 90 Minutes

Meet at Stratford High School, Alcester Rd, Stratford-upon-Avon CV37 9DH

Walk, jog or run for free at the track. Come on your own or in a group! For more information contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

Fridays at Wellesbourne

Every Friday

Meet at 9:45am

Length 90 Minutes

Meet at the Village Hall, School Rd, Wellesbourne, CV35 9NH.

Sometimes these walks start & end outside of Wellesbourne. Please contact us before your first walk. Contact Daniel Tolhurst on 01789 260115 or email leisure@stratford-dc.gov.uk

What to expect on this walk?

This walk will typically take you along the tramway and Recreation Ground or by the River Avon and canal. Walks are usually on flat tarmac and paths with some bridleways and fields. This walk typically ends at the RSC café for refreshments. Occasionally this group will organise longer, more challenging walks and social outings.

