Explore Hillingdon
Led walks and cycle rides
www.hillingdon.gov.uk/change4life
July to September 2014
www.hillingdon.gov.uk/change4life
change4life Hillingdon is all about encouraging you to become healthier and happier. By taking part in physical activity as part of your daily routine, combined with sports and organised activities, you are helping to reach your weekly goal of at least 150 minutes of activity (60 minutes each day for under 19s).

Pledge your commitment
You can show your commitment to making small changes in your life to become more active and to become more healthy by signing our change4life Hillingdon pledges. There you can also get regular updates and useful information. Visit the change4life Hillingdon website and sign your pledge today!

Share your experiences
You can share your experiences of being physically active in Hillingdon in lots of ways to motivate you and your family.

It might be a Facebook or Twitter post about enjoying a yoga class at one of Hillingdon’s leisure centres, or posting a photo of you and your family enjoying a walk in our green spaces.

You can find out more about change4life Hillingdon including suggestions, tips and encouragement, at www.hillingdon.gov.uk/change4life
Walking for Health

Walking for Health is England’s largest network of health walk schemes, helping all kinds of people up and down the country lead a more active lifestyle.

Walk Hillingdon is your local Walking for Health scheme. We provide free walks designed to allow you to walk at your own pace to increase your heart rate and improve your health and wellbeing. All walks are circular unless stated.

Please note:

- Walks leave promptly at the published start time. Please allow 15 minutes for registration.
- The role of the leader is to make sure that the health walk is safe and effective and that the walker’s experience is a positive one.
- If you are bringing a group or have additional needs, please contact the Specialist Health Promotion Team in advance on 01895 277151.
- Suitable footwear should be worn for off road walking.
- Further information for all walks, including route maps is available from [www.hillingdon.gov.uk/walking](http://www.hillingdon.gov.uk/walking)
- Sorry, but no dogs allowed (except guide or assistance dogs).
- Visit [www.hillingdon.gov.uk/walking](http://www.hillingdon.gov.uk/walking) for more information.
Choosing the right walk
for you

Our grading system helps you choose a suitable walk and supports you to progress to higher graded walks as your level of fitness improves. It helps you and other walkers get the most out of each walk.

Please note the description of the grades has changed

1. Grade 1 walk – suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. Slow paced walk

2. Grade 2 walk – suitable for people who are looking to increase their activity levels. They are between 30 to 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles. Slow to medium paced walk.

   This grade covers our stroller walks which are ideal for people who may have heart conditions like diabetes, arthritis, heart problems or for people who are less active.

3. Grade 3 walk – for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 to 75 minutes and may include steeper slopes, steps, uneven surfaces and stiles. Medium paced walk.

4. Grade 4 walk – our most challenging walks for people with a good level of fitness. They are between 75 to 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles. Medium – faster pace walking maintained throughout the walk.
Walks

Stockley Park

**Mondays**
- July 7
- August 11
- September 8

Distance: 3–4 miles  
Start time: 11am  
Grade of walk: 4  
Meet at: entrance to Stockley Park, near Goulds Green bus stop, Harlington Road, Hillingdon  
Bus: A10, U4

Manor Farm, Ruislip

**Mondays**
- July 7
- August 11
- September 1

Distance: 3 miles  
Start time: 2pm  
Grade of walk: 2  
Meet at: Manor Farm Library, Bury Street Ruislip, HA4 7SU  
Bus: 331

Hayes parks and gardens

**Mondays**
- July 28
- September 29

Distance: 3.5 miles  
Start time: 2pm  
Grade of walks: 3  
Meet at: Inside Botwell Green Sports and Leisure Centre, East Avenue, Hayes UB3 2HW  
Bus: U4

Norman Leddy Gardens, Hayes

**Tuesdays**
- July 8, 22
- August 5, 19
- Sept 2, 16, 30

Distance: 0.5–1 mile  
Start time: 11am  
Grade of walk: 1  
Meet at: The Beck Theatre foyer, Grange Road, Hayes, UB3 2UE  
Bus: 427, 607, U4, 98
Ickenham

**Tuesdays**

- July 8
- August 5
- Sept 2, 30

**Distance:** 3–3.5 miles  
**Start time:** 11am  
**Grade of walk:** 3  
**Meet at:** Outside Ickenham Library, Long Lane, Ickenham, UB10 8RE  
**Bus:** U1, U10

**Ruislip Lido and woods**

**Tuesdays**

- July 22
- August 19
- September 16

**Distance:** 3–4 miles  
**Start time:** 11am  
**Grade of walk:** 4  
**Meet at:** Bus stop by main entrance, Reservoir Road, Ruislip, HA4 7TY  
**Bus:** 331, H13

**Stockley Park stroller**

**Tuesday**

- July 1
- September 23

**Distance:** 1.5-2 miles  
**Start time:** 11.30am  
**Grade of walk:** 2  
**Meet at:** Entrance to Stockley Park, near Goulds Green bus stop, Harlington Road, Hillingdon  
**Bus:** A10, U4

**Uxbridge stroller**

**Tuesday**

- July 15

**Distance:** 1.5-2 miles  
**Start time:** 11.30am  
**Grade of walk:** 2  
**Meet at:** Central Library, High Street Uxbridge

**Ruislip Lido stroller**

**Tuesday**

- July 29

**Distance:** 1.5-2 miles  
**Start time:** 11.30am  
**Grade of walk:** 2  
**Meet at:** Bus stop by main entrance, Reservoir Road, Ruislip, HA4 7TY  
**Bus:** 331, H13
Denham Village stroller

**Tuesday**
August 12

Distance: 1.5-2 miles  
Start time: 11.30am  
Grade of walk: 2  
Meet at: Station Parade shops, Denham, UB9 5ET  
Bus: 331

Little Britain stroller

**Tuesday**
August 26

Distance: 1.5-2 miles  
Start time: 11.30am  
Grade of walk: 2  
Meet at: Outside Paddington Packet Boat, Cowley, Peachey  
Bus: 222  
Note: Linear walk ending at Malt Shovel, Iver Lane, Cowley

Ickenham stroller

**Tuesday**
September 9

Distance: 1.5-2 miles  
Start time: 11.30am  
Grade of walk: 2  
Meet at: Outside Ickenham Library, Long Lane, Ickenham, UB10 8RE  
Bus: U1, U10

UB7 walk

**Every Tuesday**

Distance: 2–2.5 miles  
Start time: 10am  
Grade of walk: 2  
Meet at: Com Café, 60 Byron Way, West Drayton, UB7 9JD  
Bus: U3, 222, 350  
Contact the Com Café on 01895 430751
Hillingdon

Every Wednesday

Distance: 2–2.5 miles
Start time: 2.30pm
Grade of walk: 2
Meet at: Hillingdon Hospital main entrance, Pield Heath Road, Hillingdon
Bus: U1, U2, U3, U4, U5, U7

Cowley Stroller and Striders

Every Wednesday

Distance: 1.5–2 miles
Start time: 9.30
Grade of walk: 2
Meet at: Cowley St Laurence Children’s Centre UB8 3TH
Note: A walk for adults often to places where children have the chance to play. Please contact the centre for more information. Weigh in before or after walk. Phone 01895 556990

Minet Country Park

Wednesday

July 2
August 6
September 3

Distance: 2 miles
Start time: 11am
Grade of walk: 3
Meet at: Minet Lodge Visitor Centre, Springfield Road, Hayes, UB4 0LL
Bus: 427, 607
Note: Contact Alison Shipley 01895 250647 for more info.
Yeading Brook Meadows

**Wednesday**

- July 9
- August 13
- September 10

**Distance:** 2.5–3 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Yeading Community House (in between Yeading Junior and Yeading Infant schools), Carlyon Road, Hayes, UB4 0NR

**Bus:** 427, 607, 140, E6

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Gutteridge and Ten Acre Woods

**Wednesday**

- July 23
- August 27
- September 24

**Distance:** 4 miles

**Start time:** 11am

**Grade of walk:** 4

**Meet at:** Charville Library, Bury Avenue, Hayes, UB4 8LF

**Bus:** U7, 195

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Little Britain

**Thursday**

- July 10, 24
- August 7, 21
- September 4, 18

**Distance:** 3–4 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Yiewsley Library, High St, Yiewsley, UB7 7BE

**Bus:** 222, U3, U5, U1

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Cranford Park

**Thursdays**

- July 17
- August 21
- September 18

**Distance:** 3 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Outside the Information Centre, Cranford Park, The Parkway, TW5 9RZ

**Bus:** E6

**Note:** Contact Alison Shipley 01895 250647 for more info.
## Walk Hillingdon

**Locations of your free local led walks.**

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Walks in Hillingdon

Locations of your free local led walks:

12. Norman Leddy Gardens, Hayes
13. Northwood Hills
14. Ruislip Manor
15. Ruislip Lido and Woods
16. Stockley Park
17. Uxbridge Alderglade
18. Uxbridge Parks
19. Yeading Brook Meadows
20. Eastcote

Iver
Southall
Hounslow West
West Drayton
Hayes and Harlington

Heathrow Express Terminals 1, 2, 3
Heathrow Terminal 5
Heathrow Terminals 1, 2, 3
Heathrow Express Terminal 4

M4
**Ruislip Manor**

**Thursday**

- July 3
- August 14
- September 11

**Distance:** 2.5-3 miles

**Start time:** 10.30am

**Grade of walk:** 3

**Meet at:** Ruislip Manor, Station, Victoria Road, Ruislip Manor, HA4 9AA

**Bus:** 114, H13

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**Harefield**

**Friday**

- July 18
- August 15
- September 12

**Distance:** 3.5-4 miles

**Start time:** 11am

**Grade of walk:** 4

**Meet at:** Bus stop on Harefield Green, Breakspear Road North (near the pond)

**Bus:** U9, 331

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**Denham**

**Friday**

- July 4
- August 1, 29
- September 26

**Distance:** 3-4 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Station Parade shops, Denham, UB9 5ET

**Bus:** 331

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**Uxbridge Parks**

**Friday**

- July 11
- August 8
- September 5

**Distance:** 2-2.5 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Central Library, High Street Uxbridge

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**Uxbridge Alderglade**

**Friday**

- July 25
- August 22
- September 19

**Distance:** 2-2.5 miles

**Start time:** 11am

**Grade of walk:** 3

**Meet at:** Central Library, High Street Uxbridge
**Yeading Library**

**Friday**

July 11  
August 8  
September 12

**Time:** 10am  
**Distance:** 1.5–2 miles  
**Grade:** 2  
**Meet at:** Yeading Library, Yeading Lane Hayes, Middlesex UB4 0EW.  
**Bus:** 427, 607, 140, E6

**Ickenham**

**Saturday**

July 26

**Distance:** 3–3.5 miles  
**Start time:** 11am  
**Grade of walk:** 3  
**Meet at:** Outside Ickenham Library, Long Lane, Ickenham, UB10 8RE  
**Bus:** U1, U10

**Stockley Park**

**Saturday**

August 30

**Distance:** 3–4 miles  
**Start time:** 11am  
**Grade of walk:** 4  
**Meet at:** entrance to Stockley Park, near Goulds Green bus stop, Harlington Road, Hillingdon  
**Bus:** A10, U4
Saturday Striders

Our Saturday Striders programme offers walks lasting over 90 minutes (plus all other grade 4 criteria). Although these walks are not part of the Walking for Health programme, walks are led by the same trained walk leaders who follow the Walking for Health best practice standards.

Northwood Hills (circular walk to Ruislip Lido)

**Saturday**

July 12  
August 9  
September 6

Distance: 5 miles  
Start time: 11 am  
Meet at: Northwood Hills Underground Station, Joel Street, Northwood Hills, HA6 1NZ  
Bus: 282, H13  
Note: This walk takes up to 2 hours and footpaths may be very muddy

Eastcote

**Saturday**

September 27

Distance: 4 miles  
Start time: 11am  
Meet at: Eastcote Underground Station, Field End Rd, Eastcote, HA5 1QZ  
Bus: 282, H13  
Note: This walk takes up to 2 hours
Cycling in Hillingdon

Hillingdon is the second largest borough in terms of size only behind Bromley. Hillingdon contains some fantastic listed buildings; award winning green spaces; beautiful rivers and waterways and much much more.

Cycling allows you to get out and explore the wonders of the borough as well as benefiting your health, the environment and so much more.

Why not get on your bike and ride.

Did you know?

• Over the last three years Hillingdon has trained 486 residents through our free Adult Cycle Training scheme.

• We currently have 50 local cyclists signed up as Hillingdon Cycle Rangers who act as the ‘eyes and ears’ for cycling across the borough.

• Hillingdon Council works closely with the Canal and River Trust to improve and promote the use of the Grand Union Canal.

Cycling and health

• Get fit as well as get to where you are going

• Low impact, less pressure on your joints

• Works on toning your thighs

• Reduces stress and improves mental health

• Increase lung capacity

• Stay awake longer

Rider quote

“The ride leaders were well prepared and kept a good pace.”

New rider following a recent led ride around Hillingdon.
Get cycling in 2014

Cycle Hillingdon led rides are free and designed to allow you to ride at your own pace to increase your heart rate and well being. A range of ability rides are on offer to get everyone involved. Find out more about our rides, cycle tracks, local cycle clubs, and all cycle activities online at www.hillingdon.gov.uk/cycling

Age Well on Wheels
Led cycle rides for people aged 50+

Ride EASY
Our easiest rides, slow paced and traffic-free

Ride STEADY
Leisurely rides to relax and let yourself go

Ride WELL
Great rides with some roads and some hills

Female only

Please note:

• All rides include both on and off road cycling so please ensure you have an appropriate bicycle.
• Bring refreshment; there are planned refreshment breaks on all rides.
• There is no need to book on to rides but you will be asked to register prior to the ride. Registration starts 15 minutes before the published start time.
• Bring a lock and a puncture repair kit. The ride leaders will be able to assist you should you have a puncture.
• The ride leaders have the right to turn people away should there be concerns over safety.
• All riders participate in cycle rides at their own risk.
• For more information visit: www.hillingdon.gov.uk/cycling, call 01895 558391 or email transportstrategy@hillingdon.gov.uk
• Although not a legal requirement, it is recommended that a helmet be worn.
Cycle rides

Blue Plaque Ride
A number of notable people have been born or lived in the borough and have a Blue Plaque to commemorate them. Enjoy a ride taking these in and finding out who they are and what they have achieved.

**Sunday**

**July 6**

Start time: 10am
Grade of ride: 🚴
Ride length: 3-4 hours
Ride Type: on road only
Meeting place: Uxbridge Station

Ride Little Fishy
Enjoy a watery adventure to Little Britain Lake, taking in the Grand Union Canal, once at Little Britain enjoy the council's Family Fishing Day, free activities, including river dipping, a craft tent and more.

**Sunday**

**July 20**

Start time: 10am
Grade of Ride: 🚴
Ride length: 2-3 hours
Ride type: on and off road
Meeting place: Minet Country Park Visitor Centre

Ickenham to Black Park and back
Enjoy a steady ride through and out of the borough to and around Black Park in our neighbouring borough of South Bucks. Black Park is 535 acres of woodland and heathland where you can enjoy the lake, rest at a picnic spot or have a coffee in the lakeside cafe.

**Tuesday**

**July 29**

Start time: 10am
Grade of ride: 🚴 🚴
Ride length: 3-4 hours
Ride Type: on and off road
Meeting place: Bikewise Bike Shop, Ickenham
Along the Uxbridge Canal
Discover the hidden treasures along our canal. Good ride for beginners or people who would like to build some confidence.

**Start time:** 10am  
**Grade of ride:** 🚲  
**Ride length:** 1-2 hours  
**Ride type:** off road  
**Meeting place:** Fassnidge Park bandstand, Uxbridge

Around West Drayton and Harmonsworth Moor
Get on your bike to explore West Drayton, visiting The Green and Harmonsworth Moor.

**Start time:** 10am  
**Grade of ride:** 🚲 🏺  
**Ride length:** 1-2 hours  
**Ride type:** on and off road  
**Meeting place:** West Drayton Young People’s Centre

Explore Hillingdon
Hillingdon is the second largest London borough in terms of size only behind Bromley. Get on your bikes and take the opportunity to explore some of the areas. There will be refreshment stops along the way and time to explore the borough.

**Start time:** 10am  
**Grade of ride:** 🏺  
**Ride length:** 2-3 hours  
**Ride type:** on and off road  
**Meeting place:** Uxbridge Station
Parks of Hayes
A nice ride for those not so confident riding. Enjoy a cycle ride discovering the parks in Hayes. Enjoy the wildlife in Minet Country Park; discover the BMX track at Lake Farm and enjoy a stop in Stockley Park.

Start time: 10am
Grade of ride:  ◄
Ride length: 1-2 hours
Ride type: on and off road
Meeting place: Minet Country Park Visitor Centre

Around Eastcote and Ruislip
Enjoy a cycle ride taking in the areas of Eastcote and Ruislip in the northern part of the London Borough of Hillingdon. There may even be a chance to enjoy Ruislip Lido.

Start time: 10am
Grade of ride:  ◄  ◄
Ride length: 2-3 hours
Ride type: on and off road
Meeting place: Eastcote Library

Listed Buildings in Hillingdon
A large number of buildings in Hillingdon are judged to be of national architectural or historic interest, enjoy a bike ride uncovering some of these treasures.

Start time: 10am
Grade of ride:  ◄
Ride length: 3-4 hours
Ride type: on road only
Meeting place: Uxbridge Station
Volunteer as a walk leader or a cycling ranger

Volunteers are an important and valued part of the Explore Hillingdon programme. We are always looking for new volunteers who can contribute to the success of the programme and encourage, inspire and motivate others.

Full training is offered, giving you information and skills that support people to enjoy walking and cycling in our beautiful borough.

For further information about becoming a volunteer:

🌐 www.hillingdon.gov.uk/change4life

Walk leaders:
📞 01895 277615

Cycling rangers:
🌐 www.cyclingrangers.org.uk/hillingdon
📞 01895 558391

Tell us about your experience

We would like to hear why walking and cycling in Hillingdon is special to you. Ask your walk leader for a feedback form or complete ‘Share your experiences’ online at www.hillingdon.gov.uk/change4life. You can also upload your photos here so remember to take your camera!

Walks and rides are risk assessed however participants are responsible for themselves and their possessions.