Harrow Health Walks are FREE and provide local residents with an opportunity to walk regularly in a relaxed and friendly environment and enjoy some beautiful green spaces. The walks are led by qualified leaders, who encourage you to walk at your own pace. Everyone is welcome, regardless of age and fitness level.

Join other walkers for a leisurely and social health walk near you...

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A healthier you is just a walk away

Just 10 minutes of brisk walking a day can help keep you healthy and makes you feel great.

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

You do not need to book

Just turn up on the day, but please:

- Ensure that you bring any relevant medication with you
- Arrive at the meeting point 10 minutes prior to the start of the walk (you will have to fill in a brief health questionnaire)
- Wear comfortable clothing and footwear
- Consult your GP before attending a walk if you have any health concerns

Please note: Walks are weekly unless it states otherwise – we walk rain or shine!

If you are interested in becoming a walk leader, full training is provided and it is FREE. Please email: publichealth@harrow.gov.uk

NORDIC WALKING SESSIONS

Want to try something different – Try Nordic Walking Sessions.

Nordic Walking is the perfect if you want to get a bit more active. It involves walking with poles which gently encourages a full body workout and helps reduce pressure on the knee and hip joints.

You start with ‘Learn to Nordic Walk’ – four sessions to learn the technique with an instructor which costs £30 including all equipment. Following this you can continue to enjoy Nordic Walking in a group with a trained Nordic Walking walk leader every Tuesday at 11.00 meeting at ‘The Leaf’ sculpture on Lowlows Road HA1 3AJ. No poles are provided for this walk but you are given advice and encouraged to buy them at a discount from Nordic Walking UK.

You can walk more at other times as the instructors offer their own paying sessions bookable through harrowstriders.co.uk

Elliot Hall Surgery Walk

60 minutes, friendly health walk through Pinner Park Farm and back. Nearest over-ground station, Hatch End.

TIME: Every Sunday at 10.30-11.30am
MEET: Meeting point: The Sundial at Harrow Arts Centre HA5 4EA
BUS: H12, H14

Amersham to Chesham Walk

We take the train to Amersham, walk 4.5 miles (1½ hours) to Chesham station. The walk is mostly off-road, stile-free, through fields and woods.

TIME: Runs at 10am, 4th Sunday of every month from May to October
MEET: Meeting point: Ticket barriers, Harrow-on-the-Hill underground station
BUS: 140, 340, 183, 223, 114, H9, H10, H11, H14, H17, H18, H19, 395, 182, 483, 258

Search Get Active Harrow

Please click web link below and then click the link ‘Find a walk’ for more information on organised walks near you:
www.walkingforhealth.org.uk

or, click the walking icon from the web link below for more information on organised walks in Harrow:
www.harrow.gov.uk/getactive

“What a life-enhancing discovery these Harrow Health Walks have been! The satisfaction of getting a bit of exercise in the open air whilst chatting with new-found friends on the walk. So much more rewarding than spending the same amount of time – or more – sitting in front of the television.”

Barry M, South Harrow

Leaflet printed December 2017
**South Harrow Circular**
Rowth Recreation Park, South Hill Ave and surrounding area. Route includes rough ground and steep gradients.
- **Time:** Every Monday at 10.30-11.30am
- **Meet:** South Harrow underground station ticket hall
- **Bus:** 140, 142, 186, 258

**Belmont Health Centre Walk**
50 minutes, friendly walk to Byron Park and back.
- **Time:** Every Tuesday at 10-11am
- **Meet:** In front of the surgery HA3 7LT
- **Bus:** 186

**Harrow Recreation Walkers**
Beginners walk for new walkers or those less able. Very flat. Easier routes available – speak to the Walk Leaders. Route includes benches, a water fountain and toilets.
- **Time:** Every Tuesday at 10.30-11am
- **Meet:** Hinds Rd Entrance to Harrow Recreation Ground
- **Bus:** H14 directly or any bus stopping at Harrow Bus Station (meeting point 5 min walk)

**Harrow Three Parks Walk**
Harrow-on-the-Hill, Harrow Recreation Ground and West Harrow Park. Mostly flat, even ground although sometimes with a steep hill at the start.
- **Time:** Every Tuesday at 2.315pm
- **Meet:** Harrow-on-the-Hill underground station, Lowlands Road side
- **Bus:** 114, 140, 183, 223, 340, H9, H10, H11, H14, H17, H18, H19

**Enderley Medical Centre Walk & Tai-chi**
30 minutes, friendly walk to Harrow Weald Park. You can also enjoy a free 30 minutes tai-chi session after the walk.
- **Time:** Every Wednesday Morning at 10am
- **Meet:** In front of the surgery HA3 SHF
- **Bus:** 140, 340, 182, 258

**North Harrow Circular**
This walk includes parts of Pinner Memorial Park and Headstone Manor Recreation Ground; the walking pace is likely to be moderate to fast, not a beginners walk.
- **Time:** Every Friday at 11am-12.15pm
- **Meet:** North Harrow underground station
- **Bus:** H9, H10, H18, H19, 183

**Roxbourne Medical Centre Walk**
50 minutes, friendly health walk through to Newton Farm Ecology Park to Newton Farm West and back.
- **Time:** Every Friday at 11am
- **Meet:** In front of Roxbourne Medical Centre
- **Bus:** H12

**Pinner Memorial Park Beginners Stroll**
This is a short, up to 30 minute, slower paced walk on mainly flat ground around the beautiful Pinner Memorial Park. Route includes benches and toilets. This walk is great for those new to walking or those who are less able to tackle our other walks. Paths and grassy areas can be slippery when wet so please ensure you have suitable footwear.
- **Time:** Every Thursday from 2-3.0am
- **Meet:** The ‘Daisy’s in the Park’ Café at West House, Pinner Memorial Park
- **Bus:** H11, H12, H13, 183

**Pinners Walk**
Take a trip around historical Pinner. Most weeks the walks are one hour in duration with a completely flat walk on the third Thursday of the month.
- **Time:** Every Thursday at 2-3.15am
- **Meet:** The ‘Daisy’s in the Park’ Café at West House, Pinner Memorial Park
- **Bus:** H11, H12, H13, 183

**Grim’s Dyke Heritage Trail**
WE RUN THIS MORE LONGER, MORE CHALLENGING WALK FOR EXPERIENCED WALKERS
Circular walk, Approximately 4.5 miles, including a rest break at the scenic Old Redding. Rough ground. Waterproof footwear recommended after wet weather.
- **Time:** The 1st Saturday of every month, 11am-1.15pm
- **Meet:** Arts Centre, adjacent to car park, Hatch End
- **Bus:** H14, H12

**Chandos Park Walk**
A beginners to intermediate circular walk in Chandos Park.
- **Time:** Every Saturday at 9-9.45am
- **Meet:** Chandos Park Outdoor Gym area
- **Bus:** 288, 186, 79, 340

**Raynors Lane Ramblers**
Mainly off road and very green. Can be muddy, especially after rain. The route varies.
- **Time:** Every Saturday 10-11am
- **Meet:** Raynors Lane underground station
- **Bus:** H9, H10, H12, 398

**The Belmont Rattlers Walks** *(SUMMER WALKS ONLY – APRIL TO OCTOBER)*
A walk in two 90 minute parts. You can do either or both walks and taken together it is a circular route. There is a tea-break between them. It is a lovely ramble along an old railway line which includes a steep gradient and mainly rough ground. Waterproof footwear recommended after wet weather.
- **Time:** On the second Saturday of the summer months
- **Part 1, 2-3.30pm:** meet at the Wealdstone Side of Harrow and Wealdstone Station
- **Part 2, 4-5.30pm:** meet at St John’s Church Stanmore
- **Bus:** 140, 182, 186, 258, 340, H9, H10 (or you may get the bus back from Stanmore: 340, H12, 142)

**GP Direct Walk**
WEST HARROW RECREATION GROUND
An easy circular walk in lovely West Harrow Recreation Ground. Come and hear a 5 min talk at the end of the walk from a GP or a health professional.
- **Time:** Every Sunday 9.30-10.1am
- **Meet:** Walk through the park entrance opposite Welbeck Road and turn left towards the concrete footpath.
- **Bus:** H11, H14, 140

**Headstone Manor Walk & Yoga**
A short 30 minutes circular walk in Headstone Manor Recreation Ground followed by a 30 minutes FREE yoga session.
- **Time:** Every Sunday at 10.30-11am
- **Meet:** At the car park area near the Hugs and Giggles Nursery
- **Bus:** H9, H10, H18, H19

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**LEVEL OF DIFFICULTY**
- 1 Easy, no gradients, even ground
- 2 Moderate, some slight gradients, come uneven ground
- 3 Moderate to difficult, includes gradients, mostly even ground
- 4 Difficult, includes gradients, rough-ground

**SUITABLE FOR WHEELCHAIRS OR PUSHCHAIRS**
- Includes steps or steps

**BEYOND WALKING FOR HEALTH**
- *There is a longer, more challenging walk on the first Thursday of the month (includes a hill, approximately 1hr 25 mins).*