

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 and explore what's on your doorstep.

Why Walk?

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

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

How you can get involved

Simply turn up on the day – no need to book.

All walkers are asked to arrive 15 minutes before the walk start time to introduce themselves to the walk leader and complete the short registration process. Under 18's must be accompanied by an adult. Dogs must be on a short lead.

For further information contact

York Health Walks co-ordinators:-

Kay 01904 693235
kayork47@btinternet.com

Jenny 07709526254
jennynich53@gmail.com

www.facebook.com/yorkhealthwalks



www.walkingforhealth.org

For all national enquiries - contact
Ramblers Walking for Health on
02073 398 541 or email :
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)

January - June 2019

Free Group Walks



York Health Walks



Supported by wards:
Guildhall, Haxby and Wigginton, Heworth,
Huntington and New Earswick,
Westfield

Funded by your
Ward Committee



Walking for Health - York
A voluntary managed group

Yearsley Swimming Pool ♥♥
Every 2nd Monday of month

2.15 pm
Meet: Yearsley Pool,
Haley's Terrace,
York YO31 8SB

Rawcliffe Bar - Park & Ride ♥♥♥
Every Monday

10.30 am: Moderate
11 am: Fast
Meet: The Country Park Office,
Rawcliffe Bar Park and Ride,
Shipton Road,
York YO30 5XZ

Tang Hall - Community Centre ♥♥
Every Tuesday

10.15 am - New start time
Meet: Tang Hall Community Centre,
Fifth Avenue,
York YO31 0UG

York City Walk ♥♥
Every Tuesday

11 am
Meet: Museum Gardens,
Museum Street entrance.
York YO1 7FR

**We have a variety of routes
from each venue so it never gets
boring!**

Holtby Church ♥♥♥
Every 1st Tuesday of month

10.30 am
Meet: Holtby Church,
Holtby Lane,
York YO19 5UD

Dunnington - Cross Keys ♥♥♥
Every Tuesday
Except the first of month - see
Holtby

10.30 am
Meet: Cross Keys Pub,
Common Road,
Dunnington,
York YO19 5NG

Fulford - St Oswald's Church ♥♥
Every 2nd Wednesday of month

10 am
Meet: St Oswald's Church,
Main Street,
Fulford,
York YO10 4HJ

Haxby - Oaken Grove, ♥♥
Last Wednesday of month

10.30 am
Meet: Oaken Grove Community
Centre, Reid Park,
Oaken Grove,
Haxby YO32 3QZ

Sorry -
No walks scheduled on Bank Holidays.

York - Art Gallery ♥
Every Thursday

2 pm
Meet: York Art Gallery,
Exhibition Square,
York YO1 7EW

New Earswick - The Folk Hall ♥♥♥
Every 2nd + 4th Thurs of month

10.30 am
Meet: The Folk Hall car park,
Hawthorn Terrace,
New Earswick,
York YO32 4AQ

Acomb - Explore Library ♥♥
Every 2nd Friday of month

10.30 am
Meet: Acomb Explore Library,
Front Street,
Acomb,
York YO24 3BZ

York City Walk ♥
Every Friday

11 am
Meet: Museum Gardens,
Museum Street entrance,
York YO1 7FR

Foxwood - Community Centre ♥♥
Last Friday of month

10.45 am - New start time
Meet: Community Centre,
Cranfield Place, Foxwood,
York YO23 3HY

**All walkers walk at their own risk.
Please ensure you wear clothing
and strong footwear suitable
for the weather and walking
conditions.**

Walks are graded by the time
taken. The distance will depend on
the speed of the walkers on the
day. Leaders will try to pace the
walks so that they are brisk but
no-one feels unduly rushed.

♥ = short walk up to 30 minutes. A
good one to start with if you are new to
walking or not sure how far you can
manage.

♥♥ = medium walk 45-60 minutes.
Ideal for increasing your walking
stamina or getting back after a break.

♥♥♥ = longer walk 75-90 minutes
mixed terrain, some open country.
Requires more stamina but you should
still be able to chat to people.

Only the nature around you should take
your breath away!



**If you require practical support
for your everyday activities,
you will need to bring that level
of support with you on these
walks.**