

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 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

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 registration process. Under 18's should be accompanied by an adult. Dogs should 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

July - December 2018

Free Group Walks



York Health Walks



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. SCO39799)



sponsors of

Walking for Health -York

Yearsley Swimming Pool ♥♥
Every 2nd Monday of month

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

Holtby Church ♥♥♥
Every 1st Tuesday of month

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

York - Art Gallery ♥
Every Thursday

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

All walkers walk at their own risk.

Please ensure you wear clothing
and strong footwear suitable
for the weather and walking
conditions.

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

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

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

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

**Find out more about this scheme
at**
www.walkingforhealth.org

where you can register online

You can also register on your first
walk.



Tang Hall - Community Centre ♥♥
Alternate Tuesdays

10.30 am
Every fortnight from 3rd July.
Weekly from 4th Sept– 18th Dec.
Meet: Tang Hall Community Centre
Fifth Ave.,
York YO31 0UG

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

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

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 Tuesday

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

Haxby - Oaken Grove ♥♥
Last Wednesday of month

10.30 am (not Boxing Day)
Meet: Oaken Grove Community
Centre, Reid Park, Oaken Grove,
Haxby YO32 3QZ

York Friday City Walk ♥
Every Friday

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

Foxwood - Community Centre ♥♥
Last Friday of month

10.30 am
Meet: Community Centre,
Cranfield Place, Foxwood,
York YO23 3HY

Lots of volunteers
make
York Health Walks work.

They don't always walk.
They spread the word and do the
fact-finding and ...
sometimes the paperwork!

If you would like to help,
the contact details are overleaf.

♥ = short walk up to 30 minutes
♥♥ = medium walk 45-60 minutes

♥♥♥ = longer walk 75-90 minutes,
mixed terrain, some open country.

Sorry -
No walks scheduled on Bank Holidays.