

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

Gosport Walking for Health is your local Ramblers 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 on gosportw4h@gva.org.uk or call 02392 583836.

 Find us on Facebook
@GosportWalkingforHealth

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)

Gosport Walking for Health Walks Programme

Autumn 2019 (Sep-Nov)





CHAPMAN
CHARITABLE
TRUST

Forton Circular

Weekly Every **Tuesday**
Meet at 10.00 am

Meet at Forton Medical Centre
Whites Place, PO12 3JP
Four different routes including
Hermitage, Leesland Park,
Gosport Station and Old
Brockhurst Station

Duration: 45 Minutes


Boot rating:  

NEW: Privett Park Circular

Weekly Every **Friday** (except 1 Nov)
Meet at 10.00 am

Meet at Privett's Pavilion (Gosport
Borough Cricket Club Pavilion),
Privett Park, PO12 3SX.
Join us for walks exploring the
Alver Valley, Alverstoke and
Stokes Bay.

Duration: 60 minutes (café stop on
completion).

Boot rating: 

Lee on the Solent Stroll

Weekly Every **Wednesday**
Meet at 10.30 am

Meet at Solent View Medical
Practice, Manor Way, Lee-on-the-
Solent PO13 9JG. *Please use
surrounding streets for parking and
not the surgery car park.*
Routes along the seafront and
around Daedalus.

Duration: 50 Minutes (plus a 30
minute coffee stop)

Boot rating:  

St George's Barracks Circular

Monthly on specific **Thursdays**:
19 September
17 October
21 November
Meet at 10.00 am

Meet at The Guard House, St
George's Barracks, PO12 1NY.
Discover the area's rich heritage.

Duration: 90 Minutes (incl. a café
stop).

Boot rating:  

NEW: Gosport Leisure Walk

Weekly Every **Thursday** (except 31
Oct)
(commencing 19 September)
Meet at 1.15pm

Meet at Gosport Leisure Centre,
Forest Way, PO13 0ZY.
Join us on this brand new walk to
discover forts and trails.

Duration: 60 minutes

Boot rating:  

Priddy's Hard Circular/ Seafront Walk

Monthly on specific **Sundays**:
8 & 29 September
27 October
24 November
Meet at 10.00 am





Meet at The Conservative Club,
Walpole Rd, PO12 1NG. Discover
this historic area.

Duration: 90 Minutes (inc café stop)

Boot rating:  

Walk Level Boots Rating

Our boots rating guide (below) helps new walkers to gauge which walks are right for them. Your Walk Leader will give additional information before the walk begins and be aware during the walk of any walkers who are in difficulty.

	Terrain suitable for wheelchair and mobility scooter users and people with buggies
	Mostly flat with some slight inclines and footpaths. Distance 1 to 2 miles. No stiles
	Moderate inclines, footpaths and grassland. Distance 2 to 3 miles. May include stiles.
	Some steeper inclines, footpaths and grassland. Distance 3 to 5 miles. Includes stiles

All walks are free. Just turn up at the specified time or a few minutes earlier if it's your first walk and wear comfortable clothing & footwear.