

## Walking is good for you!

## Why not also try

**It's good for your heart, lungs, muscles, bones and can help you feel more positive!**

Walking is a very sociable activity, almost everyone can do it and you don't need any equipment – just comfortable walking shoes and clothing appropriate to the weather conditions.

Walking is the most flexible form of physical activity, its free, can be done anywhere at any time, and there's very little risk of injury. You don't have to spend hours, just 30 minutes a day walking can provide health benefits. However the more you do the more your health will benefit.

Health Walks are suitable for all ages and abilities, particularly if you have not walked regularly for some time. They are also a great way to meet new people and enjoy a chat whilst doing something that can benefit your health. A trained walk leader plans the walk, and helps to ensure nobody gets left behind.

### Individual Support

If your condition requires that you need individual support please bring a friend / family member or if this is not possible contact the Sport & Physical Activity Development Team in order to discuss.

### Family Walks

Group walks suitable for adults, babies and children. These themed family walks take place from various libraries during school holidays

### Nordic/Pole walking

Group walks using poles to provide a slightly more demanding walking activity. The walk leader provides instruction on correct techniques and all necessary equipment. See [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking) for more details

### Pathways to Health

Mapped walks of up to 60 minutes in your local area to enjoy on your own or with family and friends, See [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking)

### Walking for Health -Walk Leader Training

A one day free training course providing you with skills, knowledge and equipment necessary to lead health walking groups in Kirklees. [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking)

### For further information please contact:

Sports and Physical Activity Development Team

Tel: **01484 221000** and ask for the above team,

Email: [spadt@kirklees.gov.uk](mailto:spadt@kirklees.gov.uk)

Or the Walking for Health website [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

# Walking your way to health

**ramblers**  
at the heart of walking

**walking**  
for health



## Health walking in North Kirklees

includes Batley, Dewsbury, Cleckheaton

2019



**NHS**  
Kirklees


**Kirklees**  
COUNCIL


# NORTH KIRKLEES WALKING TIMETABLE


(please phone the walk leader prior to attending to find out more about the walk)

Meet at	Type of Walk				Day	Time	Contact	Phone No.
								
KAL Batley Baths, (countryside & canal walks around surrounding area)					Monday	10.30 am	Erin PALs officer (Group walk as friends)	07981 089035
Wilton Park, Batley					Tuesday	11.00 am	Darren Colin	07939 165914 07719 836222
Oakwell Hall Country Park, Batley Meet outside the gift shop					Tuesday	1.30 pm	Colin Oakwell Hall	07719 836222 01924 324761 [option 4]
Batley Library Meet in the library					Tuesday	10.30 am	Derek	07539 312552
Birstall Library & Information Centre, Market Place, Birstall					Wednesday	10.00 am	Jim Library	07879 342333 01484 414868
Various meeting points Spensborough area 					Wednesday	10.00 am	Ivan [steady paced walk] Peter	01274 878513 07967 842299
Various meeting points Spensborough area					Wednesday	10.00 am	Donavon [longer walks alt. Tuesdays]	07592 689851
Mirfield Library					Wednesday	10.15 am	John Bridgett	01924 502270 07754 438229
Gomersal Moravian Church					1st Wednesday	10.30 am	Michael	01132 564826
Kirklees Active Leisure Batley Baths					Friday	9.30 am	Erin PALs officer (Group walk as friends)	07981 089035
Kirklees Active Leisure Dewsbury (reception area)					Friday	11.15 am	Kathleen	07879 004849 01924 469078
Birstall Library & Information Centre, Market Place, Birstall					Friday	10.30 am	Library	01484 414868
Thornhill Cricket & Bowling Club, The Combes, Thornhill, Dewsbury					1st & 3rd Saturday	1.00 pm	Karen	07407 706700
St Pauls Church, Eastthorpe, Mirfield (meeting point may vary)					1st & 3rd Saturday	9.45- 10.00 am	Chris	01924 480261

 Wheelchair accessible

 **Walking for Health 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.

 **Walking for Health grade 2 walk** – suitable for people who are looking to increase their activity levels. They are between 45 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

 **Walking for Health grade 3 walk** – for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 - 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

**HW+ Health Walk Plus** – a walk of longer duration over a more challenging terrain.