


East Kent Health Walks 2017


Ashford, Canterbury, Dover, Maidstone, Shepway, Swale & Thanet


What is a Health Walk?

Health Walks are free, short, volunteer led, local walks aimed at those who wish to be more active. Walks are generally between 40-90 minutes and leave from accessible venues such as libraries and leisure centres. No need to book, just turn up for a free Health Walk. Most of the Health Walks finish with refreshments and a chat.





Walk Key:

 = gentle stroll, suitable for beginners

 = brisker walk, slightly further distance











 = faster pace, longer distance or rough ground









 = 90 minutes plus (beyond Walking for Health) for fitter walkers










 = pram friendly  = toilet break available during walk  = Dog friendly  = wheelchair friendly











ASHFORD AREA








Where	When	Start Time	length (approx)	Contact Number
Walking for Fitness 1st & 3rd Monday of the month starting point varies. Please contact walk leader for details Other Mondays Conningbrook Hotel car park Canterbury Rd Kennington ASHFORD TN24 9QR	Mondays	9:30am (for 9:45am start)	approx.120 mins brisk pace 	Sally 01233 626597 07545 980772







Charing Surgery, Charing, ASHFORD TN27 0HZ	Mondays	9.45am (for 10:00am start)	Max 60 mins  	0300 123 1220 Option 2
Smarden Charter Hall, Chessenden Lane, Smarden, ASHFORD TN27 8NF	Mondays	10:00am (for 10.15am start)	Approx 40-60mins 	0300 123 1220 Option 2
Learning Disability Forum Victoria Park ASHFORD *for people with Learning Disabilities only, referral required	Mondays	10.15am (for 10.30am start)	Max 60 mins  	0300 123 1220 Option 2
Charing Surgery, Charing, ASHFORD TN27 0HZ	Tuesdays	10.15am (for 10.30am start)	30-45 minutes 	0300 123 1220 Option 2
Willesborough Wanderers 1st Tuesday of the month starting point varies. Please contact walk leader for details All other Tuesdays Blake Court Junction of Church Rd & Osborne Rd Willesborough ASHFORD TN24 0DX	Tuesdays	10:15am (for 10:30am start)	90 mins 	Colin Southern 01233 623086
Tenterden Walk & Talk St Andrews Catholic Church 47 Ashford Road TENTERDEN TN30 6LL	Tuesdays	10:15am (for 10:30am)	Approx 90 mins  	Janet 01580 762526
New Hayesbank Surgery, Bybrook , Kennington ASHFORD TN24 9JZ	Wednesdays	9.30am (for 9.45am start)	Approx 60-90 mins 	0300 123 1220 Option 2










Wittersham Walkers St John the Baptist Church WITTERSHAM TN30 7EA	Wednesdays	10:00am (for 10:15am start)	Approx 60-90 Minutes 	Yvonne 07944 183798
Ashford Country Walks <i>These walks leave from a variety of country locations Contact the walk leader for details</i>	Wednesdays	10:00am (for 10:15am start)	Approx 90 mins 	Stevie 07821 009854
Tenterden Umbrella Club Meet in the foyer of Tenterden Leisure Centre, Recreation Ground Road Tenterden TN30 6RA	Wednesdays	11:15am (for 11:30am start)	Approx 30 mins 	Chris 01580 241936
Hamstreet Surgery Ruckinge Road Hamstreet ASHFORD TN26 2NJ	Wednesdays	1:00pm (for 1:15pm start)	Approx 45-60 mins 	0300 123 1220 Option 2
Kent Wildlife Trust The entrance to Conningbrook Lakes Country Park, Julie Rose stadium car park Willesborough Road Kennington Ashford TN24 9QX	1st Thursday in the month	9:45am (for a 10:00am start)	Approx 90 mins 	Will Douglas (KWT warden) 07747608826 william.douglas@ kentwildlife.org.uk
Ashford Library Ashford Gateway Plus Church Rd ASHFORD TN23 1AS	Thursdays	10.30am (for 10.45am start)	Approx 60 mins  	0300 123 1220 Option 2
Charing Surgery, Charing, ASHFORD TN27 0HZ	Thursdays	2:15pm (for a 2:30pm start)	90 + mins Up to 5 miles 	0300 123 1220 Option 2

Singleton Environment Centre Wesley School Road Singleton, ASHFORD TN23 5LW	Fridays	9:30am (for 9:45am start)	 75 mins  90 mins  120 mins	0300 123 1220 Option 2
Tenterden Trekkers Zion Baptist Church High Street TENTERDEN TN30 6BB	Fridays	10.00am (for 10.15start)	Approx 60 mins 	0300 123 1220 Option 2
The Park Club New Street ASHFORD TN24 8TN	Fridays	09.45am (for 10.00am start)	Approx 60 mins 	Jess on 01233 229909 or jhunt@parkclub.co.uk
Please ring Jim or Chris for the start point (1stSat) as this can vary. Village Hall Car Park Tally Ho Road Shadoxhurst ASHFORD	1 st Saturday in the month 2 nd , 3 rd & 4 th Saturday in the month	10.45am for 11.00am start 9:45am for 10:00am start	120 mins  90mins  	Jim 07788 245022 or Chris 01233 885763
CANTERBURY AREA				
Hersden Children's Centre Buggy Walk Shaftesbury Road HERSDEN Canterbury CT3 4HS	Tuesdays	9am	45 – 60mins	Amy 01227 713874
Happy Strollers Reculver Drive car park Beltinge HERNE BAY CT6 6QE <i>Please note: This walk occasionally leaves from a different location. Please contact Veronica to check for particular dates.</i>	Tuesdays	10.15am (for 10.30am start)	Approx 60 mins 	Veronica 01227 369530

<p>Northgate Community Centre, Military Road CANTERBURY, CT1 1YX</p>	<p>Tuesday</p>	<p>10.15am (for 10.30am start)</p>	<p>1st & 3rd Tues of the month. 120 mins 2nd & 4th Tues of the month. 60 mins   </p>	<p>Contact Pam to confirm meeting point as this can vary 01227 711967 or 07976 267694</p>
<p>Herne Bay Promenade 'Walk & Talk' Kings Hall Beacon Hill HERNE BAY CT6 6BA</p>	<p>Tuesdays</p>	<p>1:30pm (for 1:45pm start)</p>	<p>Approx 45mins  </p>	<p>0300 123 1220 Option 2</p>
<p>Herne Bay Pram Friendly Parent & baby walk The Bandstand Central Parade HERNE BAY CT6 5JN *This walk is for parents/carers with children under 5 only.</p>	<p>Wednesdays</p>	<p>10:00am (for 10:15am start)</p>	<p>Approx 45 mins  </p>	<p>0300 123 1220 Option 2</p>
<p>Whitstable Community Centre, St. Mary's Hall Oxford St, WHITSTABLE CT5 1DD</p>	<p>Wednesdays</p>	<p>10.15am (for 10.30am start)</p>	<p>Approx 90 mins  </p>	<p>*This walk occasionally leaves from an alternate location. Please call Anne 01227 262274 to confirm.</p>
<p>Canterbury Trails Starting points vary – Ring Stephen for info.</p>	<p>1st & 3rd Thursday of the month</p>	<p>1.15pm for a 1.30pm start</p>	<p>Approx 60 mins </p>	<p>Stephen (Walk Leader) 07843 140304</p>


<p>Hambrook Marshes Walk Meet in car park outside Staples. Unit 1 Riverside Park 10 Perch Rd CANTERBURY CT1 3TQ</p>	<p>Fridays</p>	<p>Meet at 9:45am for a 10:00am start</p>	<p>Approx 60 min</p> <p> </p>	<p>0300 123 1220 Option 2</p>
<p>Canterbury Town Walk The Beaney Centre High Street CANTERBURY CT1 2BD</p>	<p>2nd & 4th Friday of the month</p>	<p>9.30am for a 9:45am start</p>	<p>Approx 60 mins</p> <p></p>	<p>0300 123 1220 Option 2</p>
<p>DOVER AREA</p>				
<p>The Visitor Centre Betteshanger Country Park Sholden Nr DEAL CT14 0AR</p> <p>The starting point very occasionally varies. Please contact walk leader for details</p>	<p>Mondays</p>	<p>10.30am (for 10.45am start)</p>	<p>Max 90 mins</p> <p></p>	<p>Walk Leader (Pat) 07930 361216</p>
<p>Elvington Community Centre St John's Road ELVINGTON CT15 4DZ</p> <p>This walk occasionally leaves from a different location. Please ring Carole for details</p>	<p>Tuesdays</p>	<p>9:45am (for 10:00am start)</p>	<p>Approx. 60 mins</p> <p></p>	<p>Walk Leader (Carole) 07449 687739</p>
<p>Dover Pram Friendly 1st Tuesday in the month Curzon Hall Priory Fields Curzon Road Dover CT17 0 AP</p>	<p>1st Tuesday in the month</p>	<p>09:45am (for 10:00am start)</p>	<p>Approx 60 mins</p> <p> </p>	<p>Walk Leaders Stacey 07817 587229 Maggie 07871 543459</p>

<p>St Mary's Church Canterbury Rd WINGHAM CT3 1BB</p>	<p>Tuesdays</p>	<p>10:15am for 10:30am start</p>	<p>Approx 60-90 Mins </p>	<p>Steve 01227 720734</p>
<p>North Deal Stroll 1st & 3rd Tuesday in the month Sandown Castle, off Sandown Road, North end of DEAL 2nd & 4th Tuesday in the month North Deal Community Centre, 28 Golf Road, Deal. CT14 6PY</p>	<p>Tuesdays</p>	<p>10:15am (for 10:30am start)</p>	<p>Approx 60 mins </p>	<p>Meeting point occasionally varies. Call Bernie to confirm location 07977 491084</p>
<p>Tower Hamlets Health Walk Meet inside 'The Ark', Noah's Ark Road DOVER CT17 0DD</p>	<p>Wednesdays from</p>	<p>9.15am (for 9.30am start)</p>	<p>Approx 45 mins </p>	<p>0300 123 1220 Option 2</p>
<p>Deal Wednesday Walk, (Nov-Mar) Deal Library, Broad St, Deal (Apr-Oct) Kingsdown Car park, Kingsdown Rd, Walmer. (near the junction with Granville Rd)</p>	<p>Wednesdays</p>	<p>9.45am (for 10.00am start)</p>	<p>60-90 mins </p>	<p>0300 123 1220 Option 2</p>
<p>Dover Leisure Centre Meet in 'The Café' Dover Leisure Centre, Townwall Street Dover CT16 1LN</p>	<p>Wednesdays</p>	<p>10.15am (for 10.30am start)</p>	<p>60 mins </p>	<p>Lisa 01304 201145</p>
<p>Sandwich Hoppers The Market Square Off New Street SANDWICH CT13 9AH</p>	<p>Wednesdays</p>	<p>10.15am (for 10.30am start)</p>	<p>Approx 75 mins </p>	<p>Gill 01304 617210</p>

<p>Deal Pier Walk.</p> <p>Meet in front of Deal Pier, Beach Street DEAL CT14 6HZ</p> <p>Very gentle walk on the pier for those with limited mobility.</p> <p>Ideal for those with a medical condition or recovering from an illness or operation.</p> <p>Run by Deal Stroke Club</p>	<p>Thursdays</p>	<p>10:45am (for 11:00am start)</p>	<p>10 – 20 mins</p> <p>Individuals can choose how far and fast they walk</p> <p></p>	<p>John 01304 360228</p>
<p>Dover Town Walk</p> <p>Meet in front of Morrison's Supermarket, Bridge Street DOVER CT14 6HZ</p> <p><i>Gentle walk through the town and along the promenade. Coffee stop included.</i></p>	<p>Thursdays</p>	<p>2:00pm</p>	<p>60 mins. approx.</p> <p></p>	<p>0300 123 1220 Option 2</p>
<p>MAIDSTONE AREA</p>				
<p>North Downs(based around Lenham & Harrietsham)</p> <p>Location varies – ring Sadie on 01622 861645 for details</p>	<p>2nd Monday of each month</p>	<p>9:30am (for 9:45am start)</p>	<p>Approx 120-150 Mins</p> <p></p>	<p>Sadie 01622 861645</p>
<p>Mote Park Meet at the Café Maidstone ME15 8NQ</p>	<p>Tuesdays</p>	<p>10.25am for 10.30am start</p>	<p>Two options 30 & 60 mins</p> <p> </p>	<p>0300 123 1220 Option 2</p>
<p>Bearsted Outside Holy Cross Church Church Lane BEARSTED ME14 4EE</p>	<p>Tuesdays</p>	<p>10.15am for 10.30am start</p>	<p>30 mins </p> <p>60 mins </p>	<p>0300 123 1220 Option 2</p>
<p>Headcorn Village Hall Church Lane Headcorn TN25 9NR</p> <p>Starting point can vary. Ring Paula to check before 1st attendance</p>	<p>19 April 17 (s) 10 May 17 (l) 24 May 17 (s) 7 June 17 (l)</p>	<p>9.30am for 9.45am start</p>	<p>Short 45 mins. </p> <p>Long 90 – 120 mins </p>	<p>Contact: Paula 07525 260539</p>

<p>Cherry Orchard Meet at the roundabout near Tesco Express, just off Hermitage Lane MAIDSTONE ME16 9NZ</p>	Wednesdays	11.25am for 11.30am start	<p>approx 60 mins</p> <p>①</p>	0300 123 1220 Option2
<p>Lenham Stroll Meet in Lenham Square MAIDSTONE ME17</p>	Wednesdays	2:30pm start	<p>Approx 30 Mins</p> <p>①</p>	Jan 01622 851623
<p>Bower Mount Medical Practice, Maidstone Meet in waiting room 1 Bower Mount Road ME16 8AX</p>	Thursdays	10am for 10.15 start	<p>Approx 40 – 60 mins</p> <p>①</p>	0300 123 1220 Option2
<p>Maidstone town centre Meet outside Town Hall Bank Street ME14 1TF</p>	Thursdays	10.55am for 11am start	<p>Approx 60 mins</p> <p>①</p>	0300 123 1220 Option2
<p>Lenham & Harrietsham MAIDSTONE Meeting point varies contact Jan on 01622 851623</p>	Thursdays	9:50am (for 10:00am start)	<p>Approx 90 Mins</p> <p>Two walk options available</p> <p>② ③</p>	Jan 01622 851623
<p>Coxheath Health Walk Greensand Health Centre 3 Stockett Lane Coxheath Maidstone ME17 4PS</p>	Fridays	12.15pm for 12.30pm start	<p>Approx 60 minutes</p> <p>②</p>	Clare 01622 742966
<p>Lenham Saturday Walk Meet in the Lenham Community Centre Car Park <i>Walk difficulty (gradients etc.) varies from week to week.</i> <i>Contact walk leader for information</i></p>	Saturdays	9:45am (for 10:00am start)	<p>90 – 120 mins</p> <p>③</p> <p></p>	Jan 01622 851623






SHEPWAY AREA















<p>Elham Valley Walk (April to November only) 1st & 3rd Monday meet Lyminge Village Hall Woodlands Rd LYMINGE CT18 8ER</p> <p>2nd and 4th Monday meet outside The Kings Arms, The Square, ELHAM CT4 6TJ</p>	Mondays	10.15am (for 10.30am start)	Approx 90 mins 	Val (Lyminge) 01303 862959 Betty (Elham) 01303 840547
<p>Three Hills Leisure Centre Cheriton Road FOLKESTONE CT19 5JU</p>	Mondays	10:45am (for 11am start)	Approx 60 Mins 	0300 123 1220 Option 2
<p>Hawkinge Community Walk Hawkinge Community Centre Heron Forstal Avenue HAWKINGE CT18 7FP</p>	Mondays	11:15am (for 11:30am start)	Approx 60 Mins 	Tom 01303 241710
<p>Folkestone Evening Walk Meet outside 'Three Hills' Leisure Centre, Cheriton Road, Folkestone. CT19 5JU</p>	Mondays Apr – Aug only	6:00pm (for 6:15pm start)	approx 60 Mins 	0300 123 1220 Option 2
<p>Roaming 'round Romney Romney Marsh Day Centre Rolfe Lane NEW ROMNEY TN28 8JR</p>	Tuesdays	10:00am (for 10:15am)	approx 60-75 mins  	0300 123 1220 Option 2
<p>Sellindge Village Hall car park, Main Road, SELLINDGE TN25 6JY (April to November)</p>	Tuesdays April to November	10:15am for 10:30am start	approx. 60-90 Mins (Two walk options available)  	Carole 01303 814014












<p>Hythe Weekly Walky Talky Hythe War Memorial beside the canal, near Ladies Walk bridge HYTHE, CT21 6AX</p>	<p>Tuesdays</p>	<p>10.50am for 11.00am finish 12.00 noon at Red Lion pub</p>	<p>Approx 60 mins </p>	<p>0300 123 1220 Option 2</p>
<p>Age UK Strollers Age UK Hythe Sanford House Day Care Centre Stade Street HYTHE CT21 6BD</p>	<p>Wednesdays</p>	<p>11:00am for 11:15am start</p>	<p>approx.30 Mins </p>	<p>Patricia Breakey 01303 269602</p>
<p>Hythe Town Walk Meet inside Age UK Hythe Sanford House Day Care Centre Stade Street HYTHE CT21 6BD</p>	<p>Thursdays</p>	<p>10.15am (for 10.30am start)</p>	<p>60 to 90 mins 2 walk options  </p>	<p>0300 123 1220 Option 2</p>
<p>Folkestone Creteway Downs Walk Folkestone Baptist Church Front entrance Hill Road Folkestone CT19 6LY</p>	<p>Thursdays</p>	<p>1:00pm (for 1:15pm start)</p>	<p> up to 2 hours</p>	<p>Jon 01303 867002</p>
<p>Shepway Community Learning Disability Team Hythe Seafood Restaurant South Rd HYTHE *for people with Learning Disabilities Only, referral required</p>	<p>Thursdays</p>	<p>1:15pm (for 1:30pm start)</p>	<p>Approx 45-60 mins </p>	<p>0300 123 1220 Option 2</p>
<p>Folkestone Friday Meet in the sheltered area (near ASDA escalators) Bouverie Place Shopping Centre Alexandra Gardens Folkestone CT20 1AU</p>	<p>Fridays</p>	<p>10.15am (for 10.30am start)</p>	<p>Max 60 mins </p>	<p>0300 123 1220 Option 2</p>

<p>Folkestone 'Steps'</p> <p>Folkestone Bus Station (77/78 stop)</p> <p>Involves 12 flights of steps (up & down)</p>	<p>Sundays (monthly)</p> <p>16 Apr 17 14 May 17 18 June 17 16 July 17 13 Aug 17 17 Sep 17 15 Oct 17 12 Nov 17 17 Dec 17</p>	<p>11.00am</p> <p>for</p> <p>11.15 am start</p>	<p>Approx. 75 mins</p> <p></p>	<p>0300 123 1220 Option 2</p>
---	---	---	---	-------------------------------

SWALE AREA

<p>All Saints Church Church Rd MURSTON ME10 3RE</p>	<p>Mondays</p>	<p>9:45am (for 10:00am start)</p>	<p>approx. 120mins (including 30 min café stop)</p>	<p>*Meeting point can vary.</p> <p>Please contact Liz on 07891 416594 to confirm</p>
<p>Main entrance to The Brickfields Lapwing Drive LOWER HALSTOW ME9 7DZ</p>	<p>Mondays</p>	<p>9.45am (for 10:00am start)</p>	<p> Approx 120 mins</p>	<p>Margaret 01795 843927</p>
<p>The Seafront Minster on Sea, SHEERNESS</p>	<p>Tuesdays</p>	<p>11.15am (for 11.30am start)</p>	<p>Max 60 mins Walk difficulty varies on alternate weeks</p> <p> </p>	<p>Meeting point varies. Please contact Sharon to confirm 01795 873608</p>
<p>Faversham Library Newton Road, FAVERSHAM, ME13 8DY</p>	<p>Wednesdays</p>	<p>9.45am (for 10.00am start)</p>	<p>  approx. 90 -120 mins</p>	<p>Linda 01795 533614</p>

<p>Milton Creek Walk Meet outside Holy Trinity Church, Green Porch Close, SITTINGBOURNE ME10 2HA</p>	<p>Wednesdays</p>	<p>10:15am (for 10:30am start)</p>	<p>Approx 60 mins  </p>	<p>0300 123 1220 Option 2</p>
<p>ISLE OF SHEPPEY Walk *From various locations*</p>	<p>Wednesdays</p>	<p>10.30am (10.45am start)</p>	<p>2 Hours </p>	<p>Contact Tony on 01795 875459 to confirm meeting point</p>
<p>Iwade Village Lloyds Pharmacy School Lane IWADE, ME9 8SH</p>	<p>Thursdays</p>	<p>10.30am (for 10.45am start)</p>	<p>Two options 60 & 90 mins.  </p>	<p>Steff 07986 840467</p>
<p>Harty Room, Sheerness Healthy Living Centre, Off The Broadway SHEERNESS, ME12 1HH</p>	<p>Fridays</p>	<p>10.30am (for 10.45am start)</p>	<p>Approx 60 mins   </p>	<p>David 01795 471459 or 078737 459935</p>
<p>THANET AREA</p>				
<p>St Peters Church Hall Hopeville Avenue St Peters BROADSTAIRS, CT10 2TR</p>	<p>Tuesdays</p>	<p>9.15am (for 9.30am start)</p>	<p>30 or 60 mins (Two options available)  </p>	<p>0300 123 1220 Option 2</p>
<p>Birchington Village Centre Alpha Road BIRCHINGTON CT7 9EG</p>	<p>Tuesdays</p>	<p>10.15am (for 10.30am start)</p>	<p>60 or 30 mins (2 walk options available)   </p>	<p>0300 123 1220 Option 2</p>
<p>Learning Disabilities Social Services, The Clocktower, MARGATE *for people with Learning Disabilities only, referral required</p>	<p>Wednesdays</p>	<p>10.45am for 11:00am start</p>	<p>Approx 60 mins </p>	<p>0300 123 1220 Option 2</p>

<p>Bus stop opposite The Wheatsheaf Pub Northdown Park Rd CLIFTONVILLE CT9 3NL</p>	<p>Thursdays</p>	<p>10.30am (for 10.45am start)</p>	<p>Max 2 ½ hours</p>   	<p>0300 123 1220 Option 2</p>
<p>Thanet Independent Living Service Meet at 'The Lookout' kiosk on top of the West Cliff Promenade RAMSGATE</p> <p><i>*This walk is for people with Learning Disabilities only.</i></p>	<p>Thursdays</p>	<p>10:30am (for 10.45am start)</p>	<p>approx 60 mins</p> 	<p>TILS 01304 828555</p>
<p>East Cliff Practice, The Montefiore Medical Centre, Dumpton Park Drive, RAMSGATE CT11 8AD</p>	<p>Thursdays</p>	<p>1.45pm (for 2.00pm pm start)</p>	<p>Approx 45-60 mins Two walk options available</p>  	<p>0300 123 1220 Option 2</p>
<p>Westgate Library Minster Road WESTGATE CT8 8BP</p>	<p>Fridays</p>	<p>10:15am (for 10:30am start)</p>	<p>60 mins</p>  	<p>0300 123 1220 Option 2</p> <p>The walk sometimes ends at St Saviours Church where hot drinks are available.</p>
<p>Marvellous Margate Yamas Cafe 121 High Street MARGATE CT9 1JT</p>	<p>Saturdays</p>	<p>11:15am (for 11:30am start)</p>	<p>Approx 90 mins</p>   	<p>0300 123 1220 Option 2</p>

Please note: The Health Walks presented in this table are part of a rolling rota and are continually updated.

If you are unsure about any details contact the Health Walk Coordinator on 0300 123 1220 or visit www.kenthealthandwellbeing.nhs.uk for an updated table.

Would you like to be a volunteer?

In order to have as many Health Walks in East Kent as possible for you to join, we need friendly, reliable volunteers from the community to help lead the walks and assist our current volunteers.

Full support is provided including training delivered by the scheme coordinators. If you are interested in a free volunteer training day (with no commitment to lead straight away) contact Martyn (volunteer coordinator) on:

0300 1231 220 (Option 2) or e-mail kcht.healthwalks@nhs.net

Refreshments are provided and travelling expenses can be reclaimed.