Ever feel like it'd be nice to get out and about more often? Meet new people? Get a little more fresh air in your lungs? Be a bit more active?

Then why not join in one or more of our weekly walking groups?

**About the walks:**

All walks are free and trained local volunteer walk leaders help cater for all abilities, whether you walk for 10 minutes or over an hour.

**Weddington Wanders:**
- **Day:** Mondays
- **Time:** 10.30am
- **Meet:** The Anker Inn, Weddington Road, CV10 0AN

**Pingles Track:**
- **Day:** Mondays
- **Time:** 5.30pm
- **Meet:** Pingles Athletics Stadium, CV11 4LX

**Bulkington:**
- **Day:** Mondays
- **Time:** 1.30pm
- **Meet:** Bulkington Village Centre reception area, CV12 9JB

**Riversley Park:**
- **Day:** Tuesdays
- **Time:** 10.30am
- **Meet:** In front of the museum, CV11 5TU

**Pingles Evening:**
- **Day:** Tuesdays
- **Time:** 7.30pm
- **Meet:** Outside the Main entrance to Pingles Leisure Centre, CV11 4LX

**Bedworth Miners’ Welfare Park:**
- **Day:** Wednesday
- **Time:** 10.30am
- **Meet:** Bedworth Leisure Centre Cafe, CV12 8NN

**Camp Hill:**
- **Day:** Wednesdays
- **Time:** 10.30am
- **Meet:** Outside Camp Hill Health Centre, Ramsden Avenue, CV10 9EB

**Bermuda:**
- **Day:** Thursdays
- **Time:** 11.30am
- **Meet:** Phoenix Social Club car park, Bermuda Road, CV10 7HU

**Whitestone:**
- **Day:** Fridays
- **Time:** 10.30am
- **Meet:** Crows Nest pub car park, CV11 6PJ

**Stockingford Strollers:**
- **Day:** Sundays
- **Time:** 10.30am
- **Meet:** In Cherry Tree Pub car park, Haunchwood Road, CV10 8DE

**Lime Kilns:**
- **Day:** First Friday of each month
- **Time:** noon
- **Meet:** Crows Nest pub car park, CV11 6PJ

For those who want a longer walk:

If you are new to the walk there is no need to book, just arrive 15 minutes before the start of the walk. No special equipment is needed, just suitable shoes and clothing for the weather.

You will be asked to fill out a simple health questionnaire prior to your first walk and you can then join in with any of the walks during the week.
Why Walk?

Sometimes a walk alone in the fresh air is just what we need. But if you’re just getting started and you’re not sure that you want to do all your walking alone—or if you like the idea of having other people around to help you stay motivated—then walk with us.

Walking is the ideal way for most people to become more healthy and active.

Contact details

Walking Coordinator
Tel: 0246 7637 6598
E-mail: walking@nuneatonandbedworth.gov.uk

Address:
Walking 4 life
Nuneaton and Bedworth Borough Council
Town Hall, Coton Road
Nuneaton, Warwickshire
CV11 5AA

Walking can:
- Give you more energy
- Make you feel better
- Help you sleep better
- Reduce stress levels
- Keep your heart strong
- Help manage weight
- Reduce blood pressure
- Help to strengthen bones
- Be a great way to spend time with friends and family

Could you be a volunteer walk leader?

If you like walking and would like to help others do the same, then you could become one of our volunteer walk leaders. So why not get in touch!

- Ever feel like it'd be nice to get out and about more often?
- Get a little more fresh air in your lungs?
- Be a bit more active?

Walking makes you happy and keeps you healthy.