

Every Step Counts †

South Northants and Cherwell health walks scheme



ramblers
at the heart of walking



walking
for health

Health Walks in Cherwell and South Northants



What are Health Walks...

Health walks are open to everyone but are especially aimed at those who are least active.

Our health walks are free and are led by friendly, specially trained volunteers who are on hand to provide encouragement and support.

Health walks are part of a national initiative called Walking for Health which has been developed locally by Cherwell District Council and South Northamptonshire Council.

What to expect...

Volunteer Walk Leaders will introduce themselves, identify the intended route and warn of any 'hazards' along it.

Generally, one of the Walk Leaders will walk at the front and the other at the back of the group. All Walk Leaders have been trained and will carry appropriate equipment.

Walks consist of a gentle warm up walk, followed by a 'more brisk' pace, getting the heart pumping a little, then a gentle cool down as the walk comes to an end.

Our Grade 1 walks are ideal for beginner walkers or for those who are recovering from an illness or have a long - term condition.

What to wear or bring...

You should wear loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes, all appropriate to the weather. You may also like to bring a small bottle of drinking water with you.

Afterwards...

You will be invited to join the other walkers and the Walk Leaders for tea and coffee.



Volunteer with us...

If you would like to offer your help to support this scheme as a volunteer by becoming a Walk Leader, please contact Colin Hull, the scheme co-ordinator, to find out about the free training, support and guidance available.

Grade 1 - up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no	Grade 2 - between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly	Grade 3 - between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.	Progression Walks - longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.
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Walks in South Northamptonshire

Aynho

- Meet at the sports pavilion, off Charlton Road for all walks

Track Walk

- Thursdays at 10am
- **Grade 1**

Strollers

- Thursdays at 10am
- **Grade 2**

Health Walk

- Thursdays at 10am
- **Grade 3**

Blisworth

- 2nd & 4th Tuesday of each month
- Starts at 9:30am from the car park, Eastfield
- **Grade 2**

Brackley - Short Walk

- Wednesdays at 10:15am
- Meet at Brackley Library
- **Grade 2**

Brackley

- Wednesdays at 10am
- Meet outside the Town Hall
- **Grade 3**

Cogenhoe

- Fortnightly from Thursday 11th October 2018
- 10am from The Scout Hut
- **Grade 3**

Cogenhoe - Saunter

- Fortnightly from Thursday 4th October 2018 at 10am
- Meet at the Village Hall
- **Grade 1**

Deanshanger

- The 1st & 3rd Wednesday of each month
- Meet at Deanshanger Library at 2pm

- **Grade 2**

Grange Park

- Every Friday at 9:30am
- Meet at the Kairos Centre
- **Grade 2**

Greatworth

- Last Tuesday of every month starting at 10am
- Meet at the village shop
- **Grade 2**

Hartwell

- 1st & 4th Saturday of each month at 11am
- Meet at the Conservative Club on Forest Road
- **Grade 3**

Helmdon

- Every Thursday at 1:45pm
- Meet at the Reading Room, Church Street
- **Grade 3**

Kings Sutton - Shorter Walk

- Every Friday at 10am
- Meet at the Millennium Memorial Hall
- **Grade 2**

Kings Sutton

- Every Friday 9:45am
- Meet at the Millennium Memorial Hall
- **Grade 3**

Middleton Cheney

- All walks start from near the Co-op store at 10am
- 1st Monday of each month
 - Street Stroll
 - **Grade 1**
 - 2nd Monday of each month
 - 2 - 3 miles
 - **Grade 2**
 - 3rd Monday of each month
 - 3 miles
 - **Grade 3**

4th Monday of each month

- 3+ mile
 - **Grade 3**
- Progression walk*
- 5th Monday of each month
 - 4+ miles
 - **Grade 3**

Middleton Cheney - Street Stroll

- Fortnightly from Thursday 18th October at 10:30am
- Meet near the Co-op store
- **Grade 1**

Stoke Bruerne

- Fortnightly from Wednesday 10th October
- Starts at 10am from the Navigation pub car park
- **Grade 2**

Towcester – Short Walk

- Thursdays at 10:15am
- Meet at Towcester Library
- **Grade 1/2**

Towcester

- Fridays at 10am
- Meet outside Waitrose
- **Grade 2**

Towcester

- Sundays at 10:30am
- Meet outside Waitrose
- **Grade 2**

Weston

- Tuesdays at 9:30am
- Short and long walk
- Meet at the Old Chapel
- **Grade 2/3**

Wicken

- 1st Thursday & 3rd Saturday of each month
- 10am at Wicken Sports Club
- **Grade 2**

Grade 1 -
up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

Grade 2 -
between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

Grade 3 -
between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Progression Walks -
longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.

Walks in Cherwell

Banbury - Spiceball Park

- Tuesdays 10.30am
- Meet outside the Mill Arts Centre
- *Grade 1/2/3*

Banbury - Sainsbury's

- Wednesdays 10.30am
- Meet in the lobby area
- *Grade 1/2/3*

Begbroke/ Yarnton

- Wednesdays 10.30am
- Meet in the car park outside the Royal Sun
- *Grade 1/2/3*

Bicester - Coker Close

- Saturdays 11.30am
- Meet in the Health Centre car park
- *Grade 1/2*

Bicester - Langford Village

- Sundays 11.30am
- Meet outside Langford Medical Centre
- *Grade 1/2*

Bicester - Bure Park

- Tuesdays 6.30pm
- Meet outside North Bicester Surgery
- *Grade 1/2*

Bicester - Health and Wellbeing Centre

- Tuesdays at 10.45am
- Meet at the Centre Launton Road
- *Grade 1*

Bicester - Whitelands

- Thursdays 10am
- Meet at Whitelands Farm Sports Ground
- *Grade 1/2*

Bloxham

- Wednesdays 10.30am
- Meet on the green near the War Memorial opposite the Joiners Arms
- *Grade 1/2/3*

Kidlington

- Tuesdays 10.30am
- Meet in the precinct, off the High Street
- *Grade 1/2*

Launton

- Tuesdays at 2pm
- Meet at The Bull Inn
- *Grade 1/2*

Longford Park, Bloxham

- Thursdays at 10am
- Meet at the Community Centre, Hobby Road
- *Grade 1/2*

Thrupp

- Mondays 10.30am
- Meet in the public car park, Thrupp
- *Grade 1/2/3*

Woodstock

- Tuesdays 10.15am
- Meet at Brook Hill/ Upper Brook Hill junction by Spencer Court
- *Grade 1/2/3*

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