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 and explore what’s on your doorstep.

Why Walk?
If you should need convincing, here are a few positive things that walking can do for your health:

- Help improve heart and lungs
- Lower blood pressure
- Keep weight down
- Lighten your mood
- Keep bones, muscles, joints strong
- Increase “good” cholesterol

How you can get involved
Simply turn up on the day – no need to book.

All walkers are asked to arrive 15 minutes before the walk start time to introduce themselves to the walk leader and complete the short registration process. Under 18’s must be accompanied by an adult. Dogs must be on a short lead.

For further information contact
York Health Walks co-ordinators:-

Kay 01904 693235
kayork47@btinternet.com

Jenny 07709526254
jennynich53@gmail.com

www.facebook.com/yorkhealthwalks

January - June 2019
Free Group Walks

York Health Walks

Supported by wards:
Guildhall, Haxby and Wigginton, Heworth, Huntington and New Earswick, Rawcliffe and Clifton Without, Westfield

Walking for Health - York
A voluntary managed group

The Ramblers’ Association is a registered charity (England & Wales no. 1093577, Scotland no. SCo39799)
Yearsley Swimming Pool
Every 2nd Monday of month
2.15 pm
Meet: Yearsley Pool, Haley's Terrace, York YO31 8SB

Rawcliffe Bar - Park & Ride
Every Monday
10.30 am: Moderate
11 am: Fast
Meet: The Country Park Office, Rawcliffe Bar Park and Ride, Shipton Road, York YO30 5XZ

Dunnington - Cross Keys
Every Tuesday
Except the first of month - see Holtby
10.30 am
Meet: Cross Keys Pub, Common Road, Dunnington, York YO19 5NG

Tang Hall - Community Centre
Every Tuesday
10.15 am - New start time
Meet: Tang Hall Community Centre, Fifth Avenue, York YO31 0UG

Fulford - St Oswald's Church
Every 2nd Wednesday of month
10 am
Meet: St Oswald's Church, Main Street, Fulford, York YO10 4HJ

Haxby - Oaken Grove
Last Wednesday of month
10.30 am
Meet: Oaken Grove Community Centre, Reid Park, Haxby YO32 3QZ

York - Art Gallery
Every Thursday
2 pm
Meet: York Art Gallery, Exhibition Square, York YO1 7EW

New Earswick - The Folk Hall
Every 2nd + 4th Thurs of month
10.30 am
Meet: The Folk Hall car park, Hawthorn Terrace, New Earswick, York YO32 4AQ

Acomb - Explore Library
Every 2nd Friday of month
10.30 am
Meet: Acomb Explore Library, Front Street, Acomb, York YO24 3BZ

York City Walk
Every Friday
11 am
Meet: Museum Gardens, Museum Street entrance, York YO1 7FR

Foxwood - Community Centre
Last Friday of month
10.45 am - New start time
Meet: Community Centre, Cranfield Place, Foxwood, York YO23 3HY

We have a variety of routes from each venue so it never gets boring!

All walkers walk at their own risk. Please ensure you wear clothing and strong footwear suitable for the weather and walking conditions.

Walks are graded by the time taken. The distance will depend on the speed of the walkers on the day. Leaders will try to pace the walks so that they are brisk but no-one feels unduly rushed.

♥ = short walk up to 30 minutes. A good one to start with if you are new to walking or not sure how far you can manage.

♥♥ = medium walk 45-60 minutes. Ideal for increasing your walking stamina or getting back after a break.

♥♥♥ = longer walk 75-90 minutes mixed terrain, some open country. Requires more stamina but you should still be able to chat to people.

Only the nature around you should take your breath away!

If you require practical support for your everyday activities, you will need to bring that level of support with you on these walks.