



Step into Better Wellbeing with Harrow Health Walks



Wellbeing Walks Programme
June-August 2022



Level of Difficulty

1. Easy, no gradients, even ground
2. Moderate, some slight gradients, some uneven ground
3. Moderate to difficult, includes gradients, mostly even ground
4. Difficult, includes gradients, rough ground

Monday

3 South Harrow Circular Walk

TIME: 10.30-11.30AM

MEET: Outside South Harrow Underground Station

Roxeth Recreation Park, South Hill Ave and surrounding area.

Route includes rough ground and steep gradients.

3 The Hill Walk

TIME: 2:00-3:15PM

MEET: Harrow on the Hill Underground Station, Lowlands Road Side

This walk follows a number of different routes, all of similar length, around the parks near Harrow on the Hill station. The walk always includes at least one (and sometimes two) climbs to the top of Harrow on the Hill so a moderate level of fitness is essential.

Tuesday

2 Belmont Health Centre Walk

TIME: 10:00-11:20AM

MEET: In front of the centre, by the bus stop

Friendly walk from Belmont Health Centre to Byron Park. You are free to join us at any point around the Byron Park path. There is an informal exercise session at the halfway point of the walk in Byron Park. The session is fun, low intensity and not compulsory.

1 Harrow Recreation Walkers

TIME: 10:30-11:00AM

MEET: Hindes Road Entrance to Harrow Recreation Ground

Beginners walk for new walkers or those less able. Very flat. Easier routes available – speak to the Walk Leaders. Route includes benches, a water fountain and toilets. Paths and grassy areas can be slippery when wet so please ensure that you have suitable footwear.

Wednesday

1 Headstone Manor Park Walk and Yoga

TIME: 10:00-11:00AM

MEET: The Moat Cafe near Headstone Manor Museum / Pinner View road

A short 30-40 circular walk in Headstone Manor Recreation Ground followed by 20-30 minutes of gentle standing yoga stretches. No mats required. All levels welcome.

3 Northwick Park Wanderers

TIME: 10:30-11:45pm

MEET: Northwick Park Underground Station, Northwick Avenue side

Some rough ground with occasional gradients. Usually follows Harrow School or Preston Road route. The route may vary.

Pinner Beginners Walk 1

TIME: 10:00-10:30/10:45AM

MEET: The 'Daisy's in the Park' Café at West House, Pinner Memorial Park

This is a short, 30-45 minute, slower paced walk on mainly flat ground around the beautiful Pinner Memorial Park. Route includes benches and toilets. This walk is great for those new to walking or those who are less able to tackle our other walks. Paths and grassy areas can be slippery when wet so please ensure you have suitable footwear.

Pinner Walk 3

TIME: 10:00-11:00/11:15AM

MEET: The 'Daisy's in the Park' Café at West House, Pinner Memorial Park

Take a trip around historical Pinner. Most weeks the walks are one hour in duration. The route varies week to week.

Elliott Hall Surgery Walk 2

TIME: 10:30-11:20AM

MEET: The Sundial at Harrow Arts Centre (front entrance), Harrow Arts Centre

60 minutes, friendly health walk through Pinner Park Farm and back.

Rayners Lane Ramblers 2

TIME: 10:00-11:00AM

MEET: Rayners Lane Underground Station

Mainly off road and very green. Can be muddy, especially after rain. The route varies. Walk occurs around Roxbourne Park.

Belmont Rattlers Walks 4

TIME: On the Second Saturday from April to October

MEET: Part 1- Meet at 2pm at the Wealstone Side of Harrow and Wealdstone Station

Part 2- Meet at 4pm at St John's Church in Stanmore

A walk in two 90 minute parts. You can do either or both walks: together it is a circular route. There is a tea break between them. A lovely ramble along an old railway line, including a steep gradient and mainly rough ground. Waterproof footwear recommended after wet weather.

GP Direct (West Harrow Park) Walk 1

TIME: 9:00-9:45AM

MEET: Walk through the park entrance opposite Wellbeck road and turn left towards the concrete footpath

An easy circular walk in lovely West Harrow Recreation Ground. Come and hear a 5 min talk at the end of the walk from a GP or a health professional.

Headstone Manor Park Walk and Yoga 1

10:00-11:00AM

The Moat Cafe near Headstone Manor Museum / Pinner View road

See Wednesday

Thursday

Friday

Saturday

Sunday

Better wellbeing is just a step away.

There's no need to plan your route, find a walking buddy or the motivation. Just pull on your shoes and we'll do the rest.

We're a friendly bunch so you'll get the warmest of welcomes. Everyone walks for their own reasons, whether to ward off illness, manage health conditions or boost their wellbeing. Yet we all get more out of it by walking together.

All our short group walks are led by an experienced Ramblers Wellbeing Walk leader along tried-and-tested routes. And there'll be plenty within easy reach of where you live. Because you'll be walking with others, you'll feel safe and supported and have fun along the way too.

You do not need to book

Just turn up on the day, but please:

- Ensure that you bring any relevant medication with you
- Arrive at the meeting point 10 minutes prior to the start of the walk
- Wear comfortable clothing and footwear
- Consult your GP before attending a walk if you have any health concerns
- Walk leaders wear hi-visibility vests to help you find them



Volunteer with Us

We need people to lead or assist with walks. Full training will be provided and it is FREE.

If you want to get active, meet new people and make a difference to our community, we'd love to hear from you. Please speak to your local walk leader or email us at:

publichealth@harrow.gov.uk

Contact

The Public Health Team on publichealth@harrow.gov.uk or visit www.harrow.gov.uk/health-leisure/health-walks for more information