

Step into Better Wellbeing with Harrow Health Walks



Wellbeing Walks Programme
September-November 2022

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

Level of Difficulty

1	Easy	No gradients, even ground
2	Moderate	Some slight gradients, some uneven ground
3	Moderate to Difficult	Includes gradients, mostly uneven ground
4	Difficult	Includes gradients, rough ground



Walks Programme

Monday

South Harrow
Circular Walk

10:30-11:30AM

Outside South Harrow Underground
Station

Roxeth Recreation Park, South Hill Ave and surrounding area. Route includes rough ground and steep gradients.

The Hill Walk

2:00-3:15PM

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

Belmont Health
Centre Walk

10:00-11:20AM

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.

Harrow Recreation
Walkers

10:30-11:00AM

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

Headstone Manor
Park Walk and Yoga

10:00-11:00AM

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.

Northwick Park
Wanderers

10:30-11:45AM

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.

Level of Difficulty

Easy



Moderate



Moderate-to-Difficult



Difficult



**Pinner Memorial
Beginners' Walk**

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

**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

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

**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**

10:30-11:20AM

**The Sundial at Harrow Arts
Centre (front entrance),
Harrow Arts Centre**

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

**North Harrow Circular
Walk**

11:00AM-12:15PM

**North Harrow Underground
Station**

This walk includes parts of Pinner Park Farm and Headstone Manor Recreation Ground.

Level of Difficulty

Easy  Moderate  Moderate-to-Difficult  Difficult 

Saturday

**Rayners Lane
Ramblers**

10:00-11:00AM

**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

APRIL TO OCTOBER ONLY: SECOND SATURDAY OF THE MONTH

Part 1

**2:00PM at the Wealdstone Side of Harrow and
Wealdstone Station**

Part 2

4:00PM 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.

Sunday

GP Direct

9:00-9:45AM

**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**

10:00-11:00AM

**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.

Level of Difficulty

Easy



Moderate



Moderate-to-Difficult



Difficult



Grim's Dyke Heritage Trail

The Grim's Dyke walk is a progression walk run alongside our wellbeing walks programme. It's a longer, more challenging route we recommend for experienced walkers.



First Saturday of the month

11:00AM-1:15PM

Harrow Arts Centre Car Park

Explore the green belt of Harrow on the Grim's Dyke Heritage Trail. The 4.5 mile trek covers fascinating points of interest on the London LOOP including the Pinnerwood Farm, Old Redding and the Grim's Dyke House and Grounds. We recommend bringing walking shoes or boots and waterproof clothing when rain is forecast as it can get muddy. The route has some rough ground and inclines and there is a rest break at Carpenders Park Garden Centre.

For more information, email publichealth@harrow.org.uk

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/wellbeingwalks for more information