

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

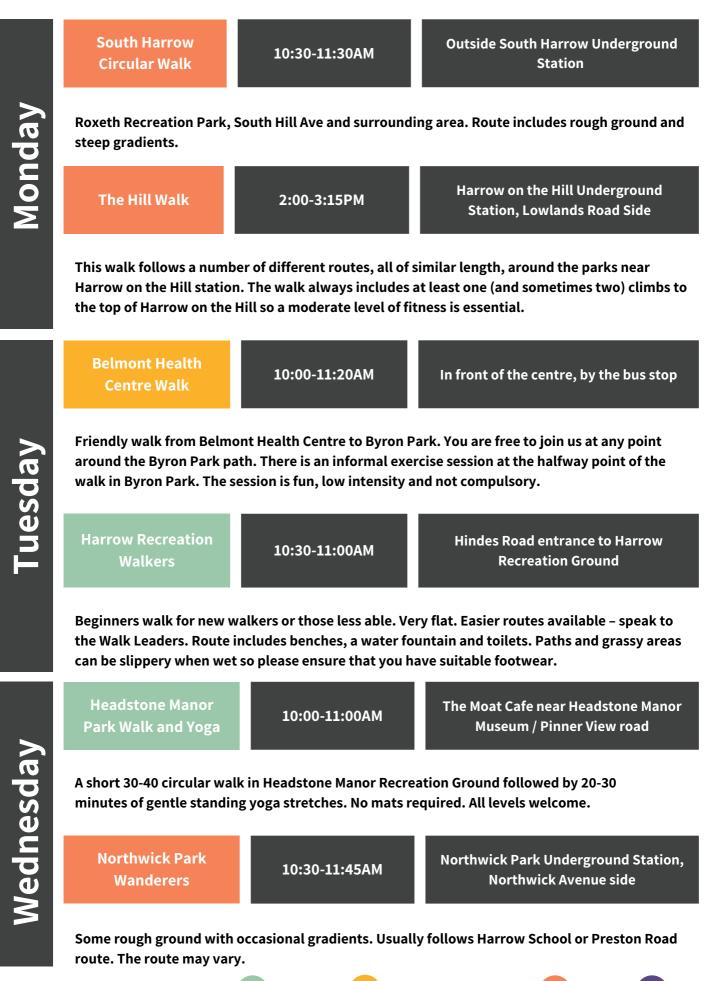
Just turn up on the day, but please:

- 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

1EasyNo gradients, even ground2ModerateSome slight gradients, some
uneven ground3Moderate to DifficultIncludes gradients, mostly
uneven ground4DifficultIncludes gradients, rough
ground

Level of Difficulty

Walks Programme



Moderate

Easy

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.

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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.					

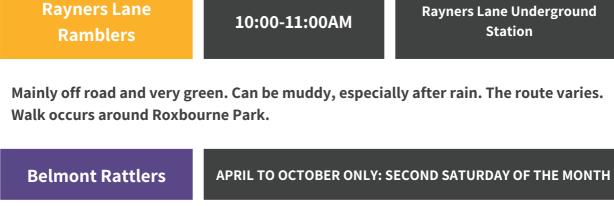
North Harrow Circular Walk	11:00AM-12:15PM	North Harrow Underground Station
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This walk includes parts of Pinner Park Farm and Headstone Manor Recreation Ground.

Moderate

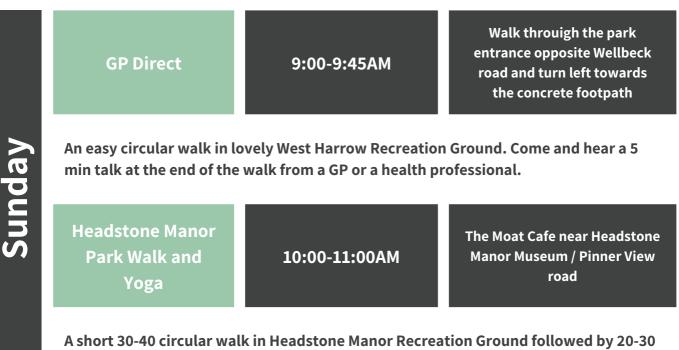
Easy





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.



minutes of gentle standing yoga stretches. No mats required. All levels welcome.

Easy

Saturday

Moderate-to-Difficult

Difficult

Grim's Dyke Hertiage Trail

The Grim's Dyke walk is a progression walk run alongside our wellbeing walks programme. It's a longer, more challenging route we reccomened 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 <u>publichealth@harrow.gov.uk</u> or visit <u>www.harrow.gov.uk/wellbeingwalks</u> for more information