

Step into Better Wellbeing with Harrow Health Walks



**Wellbeing Walks Programme
2023**

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

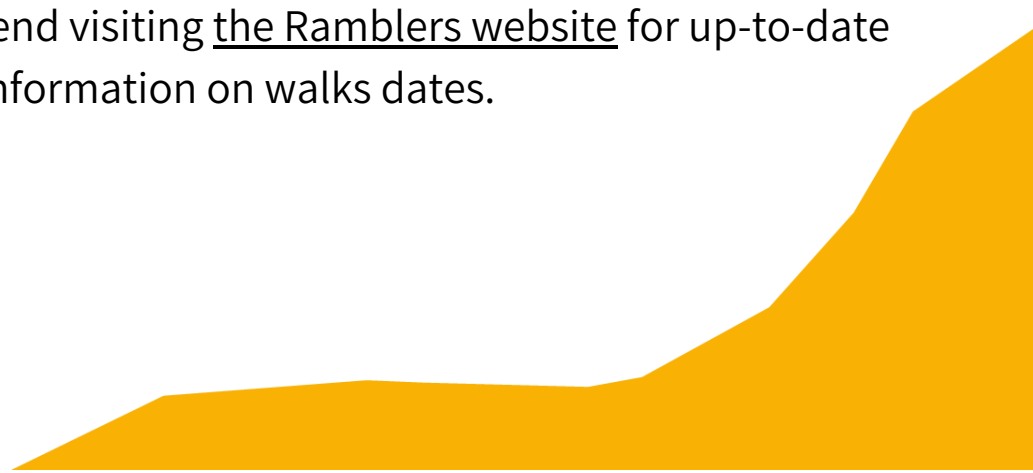
Just turn up on the day, but please:

- 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

Although we aim to run our walks weekly, sometimes things don't go as planned. We recommend visiting [the Ramblers website](#) for up-to-date information on walks dates.



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.

Stanmore Short Walk

2:00-2:45PM

Outside Stanmore Park Medical Centre, William Drive

START DATE TUESDAY 7TH FEBRUARY

A short leisurely walk from Stanmore Park Medical Centre, passing through some of the green pastures of Bentley Priory. There are some gentle inclines and one low fence to step over.

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



Thursday

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.

Friday

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

Contact Us

The Public Health Team on publichealth@harrow.gov.uk,
call us on 020 8424 1255
or visit www.harrow.gov.uk/wellbeingwalks for more
information

