

Getting active can be difficult, but we're here to help.

With Ramblers Wellbeing Walks, 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

If you would like to volunteer with the scheme, please get in touch as we would love to hear from you. The roles are wide and varied from admin to becoming a fully trained walk leader.

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 18s must be accompanied by an adult.

Dogs must be on a short lead.

Any changes to the programme will be notified on the website and on facebook

For further information contact

York Health Walks:

Email: yorkhealthwalks@gmail.com

 www.facebook.com/yorkhealthwalks

Ramblers Wellbeing Walks:
<https://www.ramblers.org.uk/wellbeing-walks/>

Walking for Health - York
A local voluntary managed group providing free group walks



**A variety of circular routes from each venue,
all starting and finishing at the same point**

Rawcliffe Bar - Park & Ride ♥♥♥
Monday

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

Holtby Church ♥♥♥
1st Tuesday of month

10.30 am
Meet: Holtby Church,
Holtby Lane,
York,
YO19 5UD

Dunnington - Cross Keys ♥♥♥
Tuesday
Except the 1st of month - see Holtby

10.30 am
Meet: Cross Keys Pub,
Common Road, Dunnington,
York,
YO19 5NG

York City Walk ♥♥
Tuesday

11 am
Meet: Hungate Reading Cafe,
Hungate,
York, YO1 7AF

Haxby - Oaken Grove ♥♥
1st Wednesday of month

10.30 am
Meet: Oaken Grove,
Community Centre, Reid Park,
Oaken Grove, Haxby, YO32 3QW

Fulford - St Oswald's Church ♥♥
2nd Wednesday of month

10 am
Meet: St Oswald's Church,
Main Street,
Fulford,
York, YO10 4HJ

York - Art Gallery ♥
Wednesday

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

New Earswick - The Folk Hall ♥♥♥
2nd and 4th Thursday

10.30 am
Meet: The Folk Hall car park,
Hawthorn Terrace, New Earswick,
York,
YO32 4DX

Tang Hall Explore Library ♥♥
Thursday

2 pm
Meet: The Centre @ Burnholme,
Mosssdale Avenue,
York, YO31 0HA



Dringhouses - St Edwards Church ♥♥
1st Friday of month

10.30 am
Meet: The War Memorial,
Tadcaster Road,
Dringhouses,
York, YO24 1QG

Acomb - Explore Library ♥♥
2nd Friday of month

10.30 am
Meet: Acomb Explore Library,
Front Street,
Acomb,
York, YO24 3BZ

Foxwood - Community Centre ♥♥
Last Friday of month

10.45 am
Meet: Community Centre,
Cranfield Place,
Foxwood,
York, YO24 3HY

Tadcaster - Bus Station ♥
4th Friday of the month

10.00 am
Meet: Bus Station,
Tadcaster,
LS24 8HD

Sorry -
No walks scheduled on
Bank Holidays or between
Christmas and New Year

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.

Please note that should there be a red weather warning on any given day, walks will not take place. If in doubt, please check the latest position on the Wellbeing walks website.