

Northampton Health Walks

Free, volunteer led Health Walks



Northampton Health Walks Scheme

Health Walks are **FREE**
volunteer led walks, running
right across Northampton.

A great chance to meet new
people, enjoy the fresh air and
explore Northampton's parks
and open spaces

For more information contact the Sports,
Health & Play Development Team on
01604 837774 or visit
www.trilogyleisure.co.uk



For the latest Timetable visit www.trilogyleisure.co.uk or call 01604 837774

Northampton Health Walks 2018



Day	Walk	Meeting Point	Time	Leaders	Grade
Monday	Active Billing Community (short walk)	Bellinge Community House, NN3 9AQ	10:00am: 30-40 mins	Bob	2
	Active Billing Community (long walk)		10:45am: 60 mins		3
Tuesday	Pauls Walks	Various (check website for details)	2:00pm: 20-30 mins	Albert: 07954 103807	1
	Kingsthorpe	Kingsthorpe College, NN2 7HR	9:30am: 45-60 mins	Alex	2
	Hunsbury Hill Country Park 1st & 3rd Tuesday	Drovers Return Café, NN4 9RR	10:00am: 45-60 mins	Jane	2
	Eastfield	Outside Morrisons (Kettering Road), NN3 6AA	10:30am: 45-60 mins	Various	2
Wednesday	Delapre Abbey	Abbey Car Park, NN4 8AW	10:00am: 45-60 mins	Max	3
	Lings Forum Leisure Centre 7th Feb	Lings Forum Leisure Centre, NN3 8JR	10:30am: 45-60 mins	Barbara	2
	Harlestone Heath	Wyevale Garden Centre, NN5 6UJ	2:00pm: 30-40 mins 45-60 mins	Various	1 2
	Brookside Community Walk	Brookside Community Hub, NN3 8NP	1:00pm: 30-45 mins	Danielle	2
Thursday	The Racecourse	Alliston Garden's Community Centre, NN2 6AR	11:00am: 45-60 mins	Val	2
Friday	Duston Sports Centre	Duston Sports Centre, NN5 6EX	9:15am: 30-45 mins	Various	2
	Abington Park	Abington Park Café, NN1 5LW	12:00noon: 45-60 mins	Dorothy and Sue	2
Saturday	St James	St James Library, NN5 5LQ	10:00am: 45-60 mins	Ellen	2
Sunday (various - call for dates)	Becketts Park	Midsummer Meadow Car Park NN1 5NX	10:00am: 45-60 mins	Sue: 07799 273556	2

Grade 1: Walks up to 30 mins on a flat or gentle sloped ground, no steps or stiles,

Grade 2: Walks between 30-60 mins with moderate hills and/or stiles,

Grade 3: Walks between 45-90 mins with steeper slopes, uneven surfaces and stiles

Health Walks are an excellent way to stay active and explore Northampton's parks and open spaces. A great chance to meet new people, enjoy the fresh air and best of all they are

completely FREE. Our walks are led by friendly volunteer Walk Leaders.

For more info call 01604 837774 or email lsavage@nltrust.org.uk Visit: www.trilogyleisure.co.uk/sport-play-development/health-walks

Correct as of January 2018