Health Walks in Cherwell and South Northants

What are Health Walks...

Health walks are open to everyone but are especially aimed at those who are least active.

Our health walks are free and are led by friendly, specially trained volunteers who are on hand to provide encouragement and support.

Health walks are part of a national initiative called Walking for Health which has been developed locally by Cherwell District Council and South Northamptonshire Council.
What to expect...
Volunteer Walk Leaders will introduce themselves, identify the intended route and warn of any ‘hazards’ along it.

Generally, one of the Walk Leaders will walk at the front and the other at the back of the group. All Walk Leaders have been trained and will carry appropriate equipment.

Walks consist of a gentle warm up walk, followed by a ‘more brisk’ pace, getting the heart pumping a little, then a gentle cool down as the walk comes to an end.

Our Grade 1 walks are ideal for beginner walkers or for those who are recovering from an illness or have a long-term condition.

What to wear or bring...
You should wear loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes, all appropriate to the weather. You may also like to bring a small bottle of drinking water with you.

Afterwards...
You will be invited to join the other walkers and the Walk Leaders for tea and coffee.

Volunteer with us...
If you would like to offer your help to support this scheme as a volunteer by becoming a Walk Leader, please contact Colin Hull, the scheme co-ordinator, to find out about the free training, support and guidance available.
Grade 1 -
up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

Grade 2 -
between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

Grade 3 -
between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Progression Walks -
longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.

Walks in South Northamptonshire

**Aynho**
- Meet at the sports pavilion, off Charlton Road for all walks

**Track Walk**
- Thursdays at 10am
- **Grade 1** Strollers
- Thursdays at 10am
- **Grade 2**
- Health Walk
- Thursdays at 10am
- **Grade 3**

**Blisworth**
- 2nd & 4th Tuesday of each month
- Starts at 9:30am from the car park, Eastfield
- **Grade 2**

**Brackley - Short Walk**
- Wednesdays at 10:15am
- Meet at Brackley Library
- **Grade 2**

**Brackley**
- Wednesdays at 10am
- Meet outside the Town Hall
- **Grade 3**

**Coghnoe**
- Fortnightly from Thursday 5th July 2018
- 10am from The Scout Hut
- **Grade 3**

**Coghnoe - Saunter**
- Fortnightly from Thursday 12th July 2018 at 10am
- Meet at the Village Hall
- **Grade 1**

**Deanshanger**
- The 1st & 3rd Wednesday of each month

- Meet at Deanshanger Library at 2pm
- **Grade 2**

**Grange Park**
- Every Friday at 9:30am
- Meet at the Kairos Centre
- **Grade 2**

**Hartwell**
- 1st & 4th Saturday of each month at 11am
- Meet at the Conservative Club on Forest Road
- **Grade 3**

**Helmdon**
- Every Thursday at 1:45pm
- Meet at the Reading Room, Church Street
- **Grade 3**

**Kings Sutton**
- Every Friday 9:45am
- Meet at the Millennium Memorial Hall
- **Grade 3**

**Middleton Cheney**
All walks start from near the Co-op store at 10am
- 1st Monday of each month
- Street Stroll
- **Grade 1**
- 2nd Monday of each month
- 2 - 3 miles
- **Grade 2**
- 3rd Monday of each month
- 3 miles
- **Grade 3**
- 4th Monday of each month
- 4+ mile
- **Progression walk**
- 5th Monday of each month
- 3 miles
- **Grade 3**

**Middleton Cheney - Street Stroll**
- Thursdays at 10:30am
- Meet near the Co-op store
- **Grade 1**

**Stoke Bruerne**
- Fortnightly from Wednesday 14th Feb
- Starts at 10am from the Navigation pub car park
- **Grade 2**

**Towcester - HeartBeats**
- The first Tuesday of each month at 7pm
- Meet under the Saracen’s Head archway
- **Grade 1**

**Towcester – Short Walk**
- Thursdays at 10:15am
- Meet at Towcester Library
- **Grade 1/2**

**Towcester**
- Fridays at 10am
- Meet outside Waitrose
- **Grade 2**

- Sundays at 10:30am
- Meet outside Waitrose
- **Grade 2**

**Weston**
- Tuesdays at 9:30am
- Short and long walk
- Meet at the Old Chapel
- **Grade 2/3**

**Wicken**
- 1st Thursday & 3rd Saturday of each month
- 10am at Wicken Sports Club
- **Grade 2**
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up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

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between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

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Walks in Cherwell

**Banbury - Spiceball Park**
- Tuesdays 10.30am
- Meet outside the Mill Arts Centre
  - **Grade 1/2/3**

**Banbury - Sainsbury’s**
- Wednesdays 10.30am
- Meet in the lobby area
  - **Grade 1/2/3**

**Begbroke / Yarnton**
- Wednesdays 10.30am
- Meet in the car park outside the Royal Sun
  - **Grade 1/2/3**

**Bicester - Coker Close**
- Saturdays 11.30am
- Meet in the Health Centre car park
  - **Grade 1/2**

**Bicester - Langford Village**
- Sundays 11.30am
- Meet outside Langford Medical Centre
  - **Grade 1/2**

**Bicester - Bure Park**
- Tuesdays 6.30pm
- Meet outside North Bicester Surgery
  - **Grade 1/2**

**Bicester - Bure Park**
- Thursdays 11.30am
- Meet outside the chip shop near surgery
  - **Grade 1/2**

**Bicester - Health and Wellbeing Centre**
- Tuesdays at 10.45am
- Meet at the Centre
  - **Grade 1**

**Bicester - Whitelands**
- Thursdays 10am
- Meet at Whitelands Farm Sport Ground
  - **Grade 1/2**

**Bloxham**
- Wednesdays 10.30am
- Meet on the green near the War Memorial opposite the Joiners Arms
  - **Grade 1/2/3**

**Kidlington**
- Tuesdays 10.30am
- Meet in the precinct, off the High Street
  - **Grade 1/2**

**Thrupp**
- Mondays 10.30am
- Meet in the public car park, Thrupp
  - **Grade 1/2/3**

**Woodstock**
- Tuesdays 10.15am
- Meet at Brook Hill/Upper Brook Hill junction by Spencer Court
  - **Grade 1/2/3**

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Cherwell
District Council
North Oxfordshire

South
Northamptonshire
Council

walking for health