

What to expect

Your volunteer walk leader will introduce themselves and welcome you to walk. If it is your first walk, you will need to complete a short health related form.

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

Each walk varies slightly in time and distance, lasting between 30 and 90 minutes with stops and breaks. Car parking will be available at all locations.

What to wear and bring

Loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes - all appropriate to the weather.

After the walk

You will be invited to join the other walkers and leaders for refreshments.

Remember

The countryside is a living, working environment so please follow the Countryside Code:

- Keep to the line on the paths
- Leave the gates as you find them
- Respect the countryside – leave wildlife, crops and machinery alone.

New Walks

New walks are starting all the time so to find a health walk in your area, please visit www.walkingforhealth.org.uk

Rambling Clubs

Kettering and District Rambling Club. For more information please contact: secretary@kettering-and-district-rambling-club.org.uk

Kettering Area Group Ramblers' Association.

Further information is also available at:

www.northantsramblers.org.uk

Winter 2019/20



Kettering Health Walks

Come and join us on gentle-paced short walks from villages and towns in and around Kettering, for 30-90 minutes.

Winter Walks 2019/20

We will be offering fortnightly walks on Thursdays of about 90 minutes in length. Shorter, slower pace walks are available as part of these walks depending on demand. You can request this option with a walk leader on the day. All walks start at 10.30am unless otherwise stated.

Fortnightly walks


DATE	VENUE
10th October	St. Edmunds Parish Church, Warkton
24th October	The Red Lion, Broughton
7th November	The Lilacs, Isham*
21st November	The Overstone Arms, Pytchley
5th December	The Piper, Windmill Avenue, Kettering
12th December	The Red Lion, Cranford
Christmas lunch, Pre book with walk leaders	
2nd January	The Briars, Brambleside, Kettering
16th January	The Three Cranes, Cransley
30th January	The Vane Arms, Sudborough*
13th February	The Snooty Fox, Lowick*
27th February	The Little Lamb, Little Harrowden*
12th March	The Dukes Arms, Woodford*
26th March	The Old Friar, Twywell*
9th April	The Stag, Maidwell*


**These walks are outside of the borough of Kettering.*


For more information and to download more walks, visit

www.kettering.gov.uk/walks

or contact the Health and Wellbeing Officer on **01536 410333** or via email at healthandwellbeing@kettering.gov.uk. Most of our walks are volunteer led, if you are interested in becoming a walk leader please use the contact details above. Under 16 year olds must be accompanied by an adult.

 **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.

Regular Walks 30-60 minutes

KETTERING

Wednesdays	10am	Holiday Inn Car park
Thursday	11am	The Green Patch

For more information call Vicky Bowden on **07703 720652** or email Vicky.Bowden@groundwork.org.uk

Wednesdays	12.30pm	Outside the Cornmarket Hall
------------	---------	-----------------------------

For more information call Aba Wilson-Morkeh on **07725 685090** or email abawilsonmorkeh@gmail.com

BURTON LATIMER

Monday	2pm	Burton Latimer Library
Tuesdays	10am	Burton Latimer Library

For more information call Vicky Bowden on **07703 720652** or email Vicky.Bowden@groundwork.org.uk

