

Kettering

Health Walks

Summer
2021

COME AND JOIN US ON GENTLE-PACED SHORT WALKS FROM VILLAGES AND TOWNS IN AND AROUND KETTERING, FOR 30-90 MINUTES.



Keep Healthy
KETTERING



North
Northamptonshire
Council

Summer Walks 2021

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

- **22nd April** Kettering, Windmill Avenue (meet near The Piper)
- **6th May** Cransley. (Meet near The Three Cranes)
- **20th May** Geddington. (Meet near The Church)
- **3rd June** Pytchley. (The Overstone Arms)
- **17th June** Barton Seagrave. (Meet near The Green)
- **1st July** Cranford. (Meet near The Red Lion)
- **15th July** Kettering. (Meet near The Lighthouse Theatre)
- **29th July** Kettering, Brambleside (meet near The Briars)
- **12th August** Kettering Stamford Road. (Meet near The Harlequin)
- **26th August** Broughton. (Meet near The Red Lion)
- **9th September** Little Harrowden. (Meet near The Lamb)
- **23rd September** Warkton. (Meet near St Edmunds Church)

To book a space or for any further information please contact leisure.kbc@northnorthants.gov.uk or call 01536 410333.

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 leisure.kbc@northnorthants.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

- **Monday 11am Kettering Mind**

This walk and talk takes you through the peaceful cemetery and through the town.

- **Tuesday 10am Burton Latimer Library**

This walk utilises accessible routes around the village including some countryside paths to enjoy nature. This walk splits into a shorter and a longer walk.

- **Thursday 10am The Green Patch**

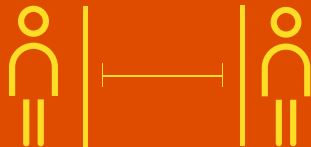
This walk takes you along the river Ise around the surrounding estate.

- **Friday 11am Desborough Bowls club**

This wellness walk mainly includes flat side roads and takes you past the local bowls club.

To book a space or for any further information please contact Polly.Shackleton@groundwork.org.uk

Each walker is expected to follow current social distancing guidelines, which will be encouraged by the walk leaders



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