

Health Walks: Frequently asked Questions...

What is a Health Walk?

A purposeful, brisk walk undertaken on a regular basis as part of a led group

How much does it cost?

Nothing! Walks are completely free of charge, although you will need to pay for your end of walk coffee if you want one.

Who leads the walks?

All walks are lead by trained volunteer Health Walk Leaders.

Can I bring my Dog/s?

Yes, of course, as long as they are on a lead and well behaved at all times (and, naturally, you clear up any deposits and dispose of them appropriately)

How far do you go? Will I be able to keep up?

We walk for approximately an hour and many routes include some footpaths and uneven terrain. All walkers choose their own pace and aim to get pleasantly warm but still be able to hold a conversation.

What if I don't want to do the whole route?

You can leave at any point by simply letting the leader know - making your own way home under your own steam.

What should I do if I want to join in?

Simply turn up about 15 minutes beforehand on your first walk or contact the leader to have a chat with them before if you have any other questions.

What should I wear?

Please wear suitable footwear, for walking on pavements, tracks, lanes and country footpaths. Warm comfortable clothes and waterproofs maybe required dependant on the weather.

Do I have to walk every week?

There is no requirement to walk every week although you are more than welcome to enjoy us every week. Please just drop in for a walk if you can.