

If you would like to try a Haslemere walk or find out about becoming a voluntary walk leader, please just come along to one of our weekly walks. More details are also available on the national website: www.wfh.naturalengland.org.uk where you can use the Walk Finder facility with your post code to locate the Haslemere and other Waverley Walks for Health entries.

Or please contact:

Martin Osborne 01428 644824 (general information)

Andy Sharman 01428 654147 (walk leader training)

Fresh air ~ Friendships ~ Feel the difference

Walking for Health encourages more people to become physically active in their local communities. We support the largest network of health walk schemes across England offering regular short walks over easy terrain with trained walk leaders.

March 2011

Images @ Natural England / Walking for Health / Paul Glendell



Providing short, free, local health walks in association with:



and



Haslemere Walks for Health provide free, local, led walks lasting up to an hour and leave weekly from 3 different venues at 3 different times as stated opposite. Our aim is to help participants meet the current health recommendation for:

“30 minutes of moderate activity most days of the week”

Our voluntary walk leaders are trained to lead these short walks on safe routes of between one and four miles. Routes are ‘risk assessed’ by the walk leaders to ensure that they are suitable for all.

If you are unsure whether you should join a walk because of a health condition you should consult your doctor first. Slower walkers are encouraged and catered for too – just tell leaders what pace is best for you.

All are welcome so do join us on a walk soon!



Our Haslemere Weekly Walks leave:

Haslewey Community Centre, opposite Lion Green, on Tuesdays at 2.30pm

High Lane Community Centre, Weycombe Road, on Thursdays at 1pm

Hérons Leisure Centre, Kings Road, on Saturdays at 11am

Please always come with suitable clothing and footwear for the weather on the day, allowing 10 minutes for registration on your first walk.

These walks are also an ideal way to meet new friends. As well as the option of a ‘cuppa’ after each walk, there are occasional away walks, special events and meals - all at modest cost.