

Walks for Health



The Waverley Walks for Health scheme is part of Walking the way to Health (a national initiative). Regular organised walks are provided from four locations within Waverley. All are led by volunteers, who have attended a Walking the way to Health training day, with back markers making sure that everyone completes the walk at a pace they find suitable.

Best of all, the walks are FREE.

Our weekly health walks give you the opportunity to take regular exercise, enjoy your local environment and meet new people.

Designed to improve your health, our walks offer a safe and secure environment in which to walk with friendly and welcoming company. All you need to do is turn up in comfortable shoes and enjoy the walk!

- **How long?** Most walks are 40 - 60 mins and are approximately 2 miles. Some locations offer a longer walk
- **How fast?** Walks take account of the pace of the slowest person, but the aim is for brisk walking to increase your heart rate and make you breathe a little faster than normal
- **What do I need?** Comfortable shoes, and suitable clothing - this is Britain!
- **Who will be there?** Other people like you, who want to improve their health, enjoy some air and exercise, and meet other people

For more information please contact you local leisure centre.
Contact details can be found on the back of this flyer.

Walk Locations

Cranleigh Every Wednesday and Saturday at 11am. Meet at Cranleigh Leisure Centre. Cranleigh walks tend to be slightly longer (40 - 90 mins and are from 2 - 4 miles long). New walkers are recommended to start with the shorter walks available on Wednesdays.

For more information please contact 01483 274400

Farnham Every Tuesday at 10.30am. Meet at Brightwell's Gostrey Centre, Dogflud Way.

For more information please contact 01252 711119

Godalming Every* Thursday at 11am. Meet opposite the entrance to the Council Offices car park beside the river (opposite The Burys Field). *A longer walk replaces the short walk on the first Thursday of each month; this includes a pub lunch (for which you will need to bring money).

For more information please contact 01483 417282

Haslemere Every Tuesday at 2.30 pm and Saturday at 11am. Meet at Haslewey Community Centre. Every Thursday, walks leave at 1pm from the High Lane Community Centre.

For more information please contact 01428 658484



New leaders wanted!

We always need new leaders. If you would like to become a voluntary leader (and/or back marker), try one of the walks first to see what they are like, and then contact us. You will be invited to attend one of the regular one-day training courses, where full training will be given. No previous experience is necessary, just a willingness to help and an enjoyment of walking which you would be willing to share with others. A sense of humour would be useful!