

Getting active can be difficult, but we're here to help.

With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active, at a pace that works for you.

It's a great way to stretch your legs and explore what's on your doorstep.

### Why Walk?

If you should need convincing, here are a few positive things that walking can do for your health:

- Help improve heart and lungs
- Lower blood pressure
- Keep weight down
- Lighten your mood
- Keep bones, muscles, joints strong
- Increase "good" cholesterol

### How you can get involved

Simply turn up on the day – no need to book.

All walkers are asked to arrive 15 minutes before the walk start time to introduce themselves to the walk leader and complete the short registration process.

Under 18's must be accompanied by an adult.

Dogs must be on a short lead.

### For further information contact

York Health Walks co-ordinators:-

Kay 01904 693235  
kayork47@btinternet.com

Jenny 07709526254  
jennynich53@gmail.com

 [www.facebook.com/yorkhealthwalks](http://www.facebook.com/yorkhealthwalks)

[www.walkingforhealth.org](http://www.walkingforhealth.org)

For all national enquiries - contact  
Ramblers Walking for Health on  
02073 398 541 or email :  
[walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)



June 2019 - January 2020

Free Group Walks



# York Health Walks



Supported by wards:  
Guildhall, Haxby and Wigginton, Heworth,  
Huntington and New Earswick, Rawcliffe and  
Clifton Without, Westfield

Funded by your  
Ward Committee



Walking for Health - York  
A voluntary managed group

**Yearsley Swimming Pool** ♥♥

**2nd Monday of month**

Followed by free swim - term time only\*

**2.15 pm**

Meet: Yearsley Pool,  
Haley's Terrace,  
York YO31 8SB

**Rawcliffe Bar - Park & Ride** ♥♥♥

**Monday**

**10.30 am:** Moderate

**11 am:** Fast

Meet: The Country Park Office,  
Rawcliffe Bar Park and Ride,  
Shipton Road,  
York YO30 5XZ

**Tang Hall - Community Centre** ♥♥

**Tuesday**

**10.15 am**

Meet: Tang Hall Community Centre,  
Fifth Avenue,  
York YO31 0UG

**York City Walk** ♥♥

**Tuesday**

**11 am**

Meet: Museum Gardens,  
Museum Street entrance,  
York YO1 7FR

*\*At the time of printing*

**We have a variety of routes  
from each venue so it never  
gets boring!**

**Holtby Church** ♥♥♥

**1st Tuesday of month**

**10.30 am**

Meet: Holtby Church,  
Holtby Lane,  
York YO19 5UD

**Dunnington - Cross Keys** ♥♥♥

**Tuesday**

Except the 1st of month - see Holtby

**10.30 am**

Meet: Cross Keys Pub,  
Common Road,  
Dunnington,  
York YO19 5NG

**Fulford - St Oswald's Church** ♥♥

**2nd Wednesday of month**

**10 am**

Meet: St Oswald's Church,  
Main Street,  
Fulford,  
York YO10 4HJ

**Haxby - Oaken Grove** ♥♥

**Last Wednesday of month**

**10.30 am**

Meet: Oaken Grove,  
Community Centre,  
Reid Park,  
Oaken Grove,  
Haxby YO32 3QZ

Sorry -  
No walks scheduled on Bank Holidays.

**York - Art Gallery** ♥

**Thursday**

**2 pm**

Meet: York Art Gallery,  
Exhibition Square,  
York YO1 7EW

**New Earswick - The Folk Hall** ♥♥♥

**2nd + 4th Thursday of month**

**10.30 am**

Meet: The Folk Hall car park,  
Hawthorn Terrace,  
New Earswick,  
York YO32 4AQ

**Acomb - Explore Library** ♥♥

**2nd Friday of month**

**10.30 am**

Meet: Acomb Explore Library,  
Front Street,  
Acomb,  
York YO24 3BZ

**York City Walk** ♥

**Friday**

**11 am**

Meet: Museum Gardens,  
Museum Street entrance,  
York YO1 7FR

**Foxwood - Community Centre** ♥♥

**Last Friday of month**

**10.45 am**

Meet: Community Centre,  
Cranfield Place, Foxwood,  
York YO23 3HY

**All walkers walk at their own risk.  
Please ensure you wear clothing  
and strong footwear suitable for  
the weather and walking  
conditions.**

Walks are graded by the time  
taken. The distance will depend on  
the speed of the walkers on the  
day. Leaders will try to pace the  
walks so that they are brisk but  
no-one feels unduly rushed.

♥ = short walk up to 30 minutes. A  
good one to start with if you are new to  
walking or not sure how far you can  
manage.

♥♥ = medium walk 45-60 minutes.  
Ideal for increasing your walking  
stamina or getting back after a break.

♥♥♥ = longer walk 75-90 minutes  
mixed terrain, some open country.  
Requires more stamina but you should  
still be able to chat to people.

Only the nature around you should take  
your breath away!



**If you require practical support  
for your everyday activities,  
you will need to bring that level  
of support with you on these  
walks.**