

# best foot forward



## Walking for Health Herefordshire

Walking is great for your health and puts a spring in your step. With 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, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.



There are health walks happening across Herefordshire, they are totally free and everyone is welcome. To find out about a walk near you or to **set up a new walk** please get in touch. **Walk Leader Training is FREE!**

Call Zoe Hooper on 01432 358232 or email [zhooper@brightstripe.co.uk](mailto:zhooper@brightstripe.co.uk)

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



# Health Walks in Herefordshire

## Hereford

Meet at St Martin's Church at approximately 11.00am on Thursday's. We share a cuppa with the exercise class, and then walk, chat and share our sense of humour as we explore from town into countryside. One and half hour of slight paced walking.

## Aylestone Park

Every 1st and 3rd Thursday at 10.30am. Meet at the entrance to Point 4 on Venns Lane (free parking) and take a gentle stroll, or join a stronger walk with the Ramblers and head across Lugg Meadows.

## Belmont, Hereford

Tuesday at 10.00am meet outside Tesco, Belmont, to join this long established walk.

## Kington

Thursday's 1pm. Join our health trained walk Leader for a 1-2 hour walk. Start outside the old Kington Surgery opposite the YHA, Victoria Rd and take in open green spaces, alleys and lanes in the market town that celebrates Walking.

## Kington Buggy Walk

Start from the children's centre on Fridays at 9.30. Push your little one in their buggy, meet other mums and become a yummy mummy!

## Fownhope

Thursday at 2.30pm – meet at the recreation ground. Come and join our shortest walk and take in the beautiful river view. Or join our longer walk, held on the first Monday in every month.

## Mordiford

Tuesday, monthly, start 10.00am from Kiddley Copse (opp Pentaloe Close). A gentle rural walk taking in scenic views, may include some styles.

## Ewyas Harold

Established group that meet outside the chip shop at 10.00am on Friday. One and half hours of gentle, varied routes – optional coffee afterwards.

## Woodland series

Thursday, 10.30am start. We always bring tea/coffee (50p), and welcome you to come and share the changing seasons as we walk Aconbury, Haugh, Wormelow and Altheston. For latest timetable of walks please contact number below.

## Weobley

Start from the Surgery Monday's at 10.30. A scenic stroll often ending with a coffee.

## Leominster

Meet outside the Tourist Information Centre. Tuesday's at 11.00am and spend a gentle hour walking Leominster with friendly folk. We also have walks on Wednesdays at 6.30 for adults with learning difficulties and 4pm for visually impaired with sighted guides.

## Ross on Wye

A walk that has only been weather affected twice in 4 years! We take in the town trail and always end with coffee! We meet outside the swimming pool Thursday's at 10.00am. Or meet outside the hospital at 10am on the 1st and 3rd Tuesdays of the month.

## Ledbury

Our walks take place on **Tuesday** mornings starting at **11 am** from **Ledbury Swimming Pool** in Lawnside Road HR8 2AD. We walk for up to **45 minutes** depending on who turns up. We always choose a route suitable for the abilities of the walkers that turn up on the day.

## Brockhampton Estate, Bringsty, Nr Bromyard

Tuesday's 5.45pm (1<sup>st</sup> April – 2<sup>nd</sup> Sept) Meet in the car park WR6 5TB. Enjoy stunning scenery, make new friends and take the first steps to better health. Leader: Teresa 07912 748715

**All walks are FREE! Can't find a walk near you? Please get in touch to start a new one!**

**For walking packs, or FREE walk Leader training contact Zoe Hooper on:**

**01432 358232/ 07870397352 Email: [zhooper@brightstripe.co.uk](mailto:zhooper@brightstripe.co.uk)**