























Health Walks and Rambles

Newham 2014

Health walks are free, volunteer-led local walks aimed at people who would like to be a little more active. As well as being good for your physical health, health walks are social activities too!

Walking Key	 Gentle stroll, shorter distance, first time walker   Faster pace, longer distance    Brisk Pace for regular walkers			
When	Where	Start Time	Meeting Point & Details	Contact
Monday	Central Park, High Street South, East Ham, E6	2pm	By war memorial (closest entrance is bus terminal)  	Stan 07518 750120
Tuesday	Stratford local area and Queen Elizabeth II Olympic Park	10am	Outside Pret-a-Manger at Stratford Station  	Active Newham 0844 414 2728*
Tuesday	Wanstead Flats	1.30pm	Corner of flats at Capel Road/ Woodford Road (Nr Wanstead Park Station)   	Active Newham 0844 414 2728*
Wednesday	West Ham Park, E7	10.30am	Hamfrith Centre, McGrath Road, E15 4SZ  	Chris 07870 291009
Thursday	Central Park, High Street South, East Ham, E6	2pm	By war memorial (closest entrance is bus terminal)  	Stan 07518 750120
Thursday	Wanstead Flats	1.30pm	Corner of flats at Capel Road/ Woodford Road (Nr Wanstead Park Station)   	John & Frances 07908 744555

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Friday	Ascension Church, Canning Town, E16	10.30am	(location changes weekly, please call in advance to confirm) 👣	Chris 07870 291009
Friday	Beckton District Park, E6	10.30am	St Marks Community Centre, 218 Tollgate Road, Beckton, E6 👣 👣	John 07908 744555
Saturday	Wanstead Park	9am	Outside St Mary's Church, St Mary's Avenue, Wanstead, E11 👣 👣 👣	Active Newham 0844 414 2728*

If you haven't walked with us before, please allow 10 minutes before the start of the walk to complete a very brief form

*Local charges apply from a BT landline, charges from other networks may vary

Rambles

Held on the first Saturday of the month – a chance to walk a little further afield!

Walks for those used to walking longer distances.

Date	Description	Start Time & Meeting Point	Public Transport	Refreshments / Facilities
Saturday 5 th July	Marlow – Cookham <i>Distance: 5 ½ miles</i> <i>Thames Path</i>	10.30am start EALING BROADWAY STATION tube station (Central Line)	Onward rail journey to Marlow – extra cost using Freedom Pass and Snr Rail Card (£5.55 rtn)	Picnic en route Stanley Spencer Museum £4 in Cookham, tea shops & pubs
Saturday 2 nd August	Cookham – Maidenhead <i>Distance: 5 miles</i> <i>Thames Path</i>	10.30am start EALING BROADWAY STATION tube station (Central Line)	Onward rail journey to Cookham – extra cost using Freedom Pass and Snr Rail Card (4.30 rtn)	Picnic lunch at Boulters Lock – café & toilets
Saturday 6 th September	Maidenhead – Windsor <i>Distance: 7 miles</i> <i>Thames Path</i>	10.30am start EALING BROADWAY STATION tube station (Central Line)	Onward rail journey to Maidenhead – small extra cost using Freedom Pass and Snr Rail Card	Picnic lunch along the way. All facilities in Windsor at the end with choice of two Rail Stations for return via Paddington or Waterloo.

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active
newham