



Poole Healthy Walks

Why not join us on a friendly Healthy Walk
It's FUN and FREE!



Day	Time	Meeting point	Route	Grade
1st Monday of the month	10.30 am	Sainsbury's car park, Alder Road	Educational walk	2
Every Monday	1.15 pm	Rockley Park Viewpoint	Hamworthy Common	2
3rd Monday of the month	10.00 am	Asda Car Park, Canford Heath	Educational walk	2
Every Tuesday	10.30 am	The Junction Leisure Centre, Broadstone	Castleman Trailway	1
1st Tuesday of the month	2 pm	1 Flaghead Road BH13 7JL	Sea Front	2
Every Wednesday	10.30 am	Rossmore Library Herbert Avenue	Bourne Valley Nature Reserve	2
2nd Wednesday of the month	1.30 pm	Branksome Recreation Ground	Coy Pond or Alder Hills	2 or 3
Every Thursday	10.30 am	Ark Cafe	Poole Park	1
Every Friday	12.00 noon	Upton Country Park, Bus shelter	Upton Country Park	1
3rd Friday of the month	11.30 am	Upton Country Park, Bus shelter	Upton Heath 90mins	3
1st & 5th Saturday of the month	10.00 am	Ark Cafe Poole Park	Poole Park	1
2nd Saturday of the month	10.00 am	Upton Country Park, Bus shelter	Upton Country Park	1
3rd Saturday of the month	10.00 am	Poole Pottery	Quay, Baiter, Whitecliff	2
4th Saturday of the month	10.00 am	The Junction Leisure Centre car park	Castleman Trailway	1

Walking boots or trainers are advisable, but not essential, particularly on walks graded 2 or above.

Telephone: 01202 261306
 Email: recreation.development@poole.gov.uk
 Web: www.Poole.gov.uk
www.walkingforhealth.org.uk
 Facebook: Poole Healthy Walks Scheme

POOLE HEALTHY WALKS

We offer FREE walks led by trained volunteers, the scheme is designed to afford some gentle exercise within a friendly and sociable group. The walks last no more than 60-90 minutes.

No need to book, just turn up

Facilities available on each walk

All our walks start and finish in a location that is accessible by bus and has nearby car parking. Some have public toilet facilities and refreshment/catering provision.

What to wear?

Walking boots or trainers are advisable, but not essential, on walks, particularly those graded 2 or above.

There are three grades of walks.

Grade 1 - Suitable for walkers of all abilities, are looking to be more active or returning from injury or illness. Generally flat, and up to 45 minutes in duration.

Grade 2 - Suitable for people who are looking to increase their activity levels. Up to 60 minutes in duration, which may include some slopes, hills, terrains, etc.

Grade 3 - Suitable for people looking for more challenging walks to increase their activity levels. Up to 90 minutes in duration, and may include steeper slopes, hills, terrains, etc.

What to expect

Canford Heath Walk - An educational walk through Canford Heath Nature Reserve. Learn about heath conservation and wildlife as part of the walk.

Poole Park Walk - A sociable stroll around the lake in Poole's most popular public open space. Enjoy the park's historic features, wildlife, lakes, gardens and visit the cafe at the end of the walk!

Bourne Valley Walk - A pleasant walk through the Bourne Valley Nature Reserve with some challenging slopes, and enjoy refreshment in the Library cafe at the end of the walk!

Benefits of walking

Makes you feel good - Gives you more energy - Reduces stress and helps you sleep better
Keeps your heart strong - Reduces blood pressure - Helps you manage your weight
Improves quality of life

Want to become a Health Walk Leader?

This programme wouldn't exist without volunteers. Why not support your community by becoming a Walk Leader. Please contact us for more information.



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