

# WHY WALK?

## Why is walking the perfect activity for health?

- Almost **everyone** can do it.
- You can do it **anywhere** and any time.
- It's a chance to make new **friends**.
- It's **free** and you don't need special equipment.
- You can start **slowly** and build up gently.

## Walking can:

- Make you feel **good**
- Give you more **energy**
- Reduce stress and help you **sleep** better
- Keep your heart strong and reduce **blood pressure**
- Help you manage your **weight**.

# WHAT NEXT?

**Head to your nearest Health Walk and give it a go!**  
You too can walk your way to health!

This service is delivered on behalf of Kent County Council by the NHS.

### For more information:

Health Walks Team  
Phone: 0300 123 1220 and select option 2  
Email: [kcht.healthwalks@nhs.net](mailto:kcht.healthwalks@nhs.net)

[WWW.ONEYOUKENT.ORG.UK](http://WWW.ONEYOUKENT.ORG.UK)



# GET WALKING

with  
**Ashford District  
Health Walks**

**ONE YOU KENT**

# ASHFORD DISTRICT

## Walk and Talk Tenterden

3

**Day:** Tuesdays  
**Date:** Ongoing  
**Location:** St Andrew's Catholic Church, 47 Ashford Road, Tenterden, TN30 6LL.  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 90 mins  
**Contact:** Janet 01580 762526.  
Dogs on leads welcome.

## Hamstreet Surgery

1

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Hamstreet Surgery, Ruckinge Road, Hamstreet, Ashford, TN26 2NJ  
**Time:** 1pm for 1.15pm start  
**Length:** Approx 45 to 60 mins  
**Contact:** 0300 123 1220 option 2.

## Wittersham Walkers

2

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** St John the Baptist Church, Wittersham, TN30 7EA.  
**Time:** 10am for 10.15am start  
**Length:** Approx 60 to 90 mins  
**Contact:** Yvonne 07944 183798.

## Ashford Area Country Walks



**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Location varies, contact Stevie for details.  
**Time:** 10am for 10.15am start  
**Length:** Approx 90 to 120 mins  
**Contact:** Stevie 07821 009854.  
Various village locations in Ashford area.

### Walk Grades

- 1 Gentle stroll, shorter distance
- 3 Faster pace, longer distance or rough ground

- 2 Brisk walk, slightly further distance
- 2 90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.

## Tenterden Umbrella Club

1

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Meet in the foyer of Tenterden Leisure Centre, Recreation Ground Road, TN30 6RA  
**Time:** 11.15am for 11.30am start  
**Length:** Approx 30 mins  
**Contact:** Chris 01580 241 936.  
A gentle stroll suitable for beginners.

## Tenterden Trekkers

2

**Day:** Fridays  
**Date:** Ongoing  
**Location:** Zion Baptist Church, High Street, Tenterden, TN30 6BB  
**Time:** 10am for 10.15am start  
**Length:** Approx 60 mins  
**Contact:** 0300 123 1220 option 2.

## Shadoxhurst Weekend Walk



**Day:** 1st Saturday of month  
Meeting point varies, contact Jim  
**Time:** 10.45am for 11am  
**Length:** Approx 120 mins  
**Contact:** Jim 07788 245022.

**Day:** Other Saturdays of month  
**Location:** Village hall car park, Tally Ho Road, Shadoxhurst, Ashford, TN26 1HW  
**Time:** 9.45am for 10am  
**Length:** Approx 90 mins  
Dogs on leads welcome.

## Charing Surgery

1

2

**Day:** Mondays  
**Time:** 9.45am for 10am start  
**Length:** Approx 60 mins (around 3 miles)  
**Intermediate:** Easy pace but a bit quicker than beginners.  
Two walk options available.

**Day:** Tuesdays  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 30 to 45 mins (around 1 mile)  
**Beginners:** Not too far or too fast.  
No hills or stiles. Great for new starters or those who walk with a stick.

**Day:** Thursdays  
**Time:** 2.15pm for 2.30pm start  
**Length:** Approx 120 mins plus (around 5 miles)  
**Harder walks:** Incorporates footpaths, hills and stiles.  
**Contact:** 0300 123 1220 option 2.



Please note the grade symbols are meant as a guide only. All walks may vary slightly. Please ring the contact details for each walk for more information or future dates.