

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

WWW.ONEYOUKENT.ORG.UK



GET WALKING

with
**Canterbury District
Health Walks**

ONE YOU KENT

CANTERBURY DISTRICT

Happy Strollers Beltinge

2

Day: Tuesdays
Date: Ongoing
Location: Reculver Drive car park, Beltinge, Herne Bay, CT6 6QE
Time: 10.15am for 10.30am start
Length: Approx 60 mins
Contact: Veronica 01227 369530.
This walk occasionally leaves from a different location. Please contact Veronica on 01227 369530 before attending.

Canterbury Northgate Community Centre



2

Day: Tuesdays
Date: Ongoing
Location: Varies, contact Pam to confirm meeting point
Time: 10.15am for 10.30am start
Length: 60 mins every 2nd and 4th Tuesday, 120 mins every 1st and 3rd Tuesday
Contact: Pam 01227 711967 or 07976 267694.

Herne Bay Promenade Walk

1

Day: Tuesdays
Date: Ongoing
Location: King's Hall, Beacon Hill, Herne Bay CT6 6BA
Time: 1.30pm for 1.45pm
Length: Approx 45 mins
Contact: 0300 123 1220 option 2.

Canterbury Town Walk

2

Day: 2nd and 4th Friday of each month
Date: Fortnightly
Location: Meet outside The Beaney Centre, High Street, Canterbury, CT1 2BD
Time: Meet at 9.30am for 9.45am
Length: Approx 60 mins
Contact: 0300 123 1220.

Parent and Baby Walk

1

Day: Wednesdays
Date: Ongoing
Location: The Bandstand, Central Parade, Herne Bay, CT6 5JN
Time: 10am for 10.15am start
Length: Approx 45 mins
Contact: 0300 123 1220 option 2.
Pram friendly.

Whitstable

3

Day: Wednesdays
Date: Ongoing
Location: *Whitstable Community Centre, St Mary's Hall, Oxford Street, Whitstable, CT5 1DD
Time: 10.15am for 10.30am start
Length: Approx 90 mins
Contact: Anne 01227 262274.
*Meeting point does change, call Anne to confirm before first attendance.
Dogs on leads welcome.

Canterbury Trails

2

Day: 1st and 3rd Thursday each month
Date: Ongoing
Location: Varies, contact Stephen for details.
Time: 1.15pm for 1.30pm
Length: Approx 60 mins
Contact: Stephen 07843 140304.

Hambrook Marshes

1

Day: Fridays
Date: Ongoing
Location: Meet in the car park outside Staples, Unit 1, Riverside Park, 10 Perch Road, Canterbury, CT1 3TQ
Time: Meet at 9.45am for 10am start.
Length: Approx 60 mins
Contact: 0300 123 1220 option 2.
Dogs on leads welcome.



Walk Grades

1 Gentle stroll, shorter distance

2 Brisk walk, slightly further distance

3 Faster pace, longer distance or rough ground



90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.