

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
Maidstone District
Health Walks

ONE YOU KENT



MAIDSTONE DISTRICT

North Downs



Day: 2nd Monday of each month
Date: Ongoing
Location: Various locations around Lenham and Harrietsham.
Contact Sadie for details
Time: 9.30am for 9.45am start
Length: Approx 2 to 2.5 hours
Contact: Sadie 01622 861645

Tovil YMCA

1

Day: Mondays (not bank holidays)
Date: Ongoing (except August)
Location: Outside Tovil Community Centre, Barfreston Close, Tovil, Maidstone ME15 6FG
Time: 10.15am for 10.30am start
Length: Approx 45-60 mins
Contact: Leslee 07776 301888

Bearsted

1 2

Day: Tuesdays
Date: Ongoing
Location: Outside the Holy Cross Church, Church Lane, Bearsted ME14 4EE

Time: 10.15am for 10.30am start
Length: Option 1 approx 30 mins
Option 2 approx 60 mins
Contact: 0300 123 1220 (option 2)

Mote Park

1 2

Day: Tuesdays
Date: Ongoing
Location: In the Mote Park café
Time: 10.25am for 10.30 start
Length: Option 1 approx 30 mins
Option 2 approx 60 mins
Contact: 0300 123 1220 (option 2)
The walk is very accessible with well surfaced paths so suitable for buggies and wheelchairs. Dementia friendly.

Cherry Orchard

1

Day: Wednesdays
Date: Ongoing
Location: Roundabout near Tesco Express, just off Hermitage Lane, Maidstone
Time: 11.25am for 11.30am start
Length: Approx 60 mins
Contact: 0300 123 1220 (option 2)

Headcorn

3

Day: Wednesdays monthly
Date: Once a month
Location: Location varies – contact Paula for details
Time: Mornings check time with Paula
Length: Approx 90 mins
Contact: Paula 07525 260539
Difficulty of routes varies (some involve stiles). Contact the walk leader for details.

Lenham Stroll

1

Day: Wednesdays
Date: Ongoing
Location: Lenham Square, Maidstone, ME17
Time: 2.30pm start
Length: Approx 30 mins
Contact: Jan 01622 851623

Len Valley Walk

2 3

Day: Thursdays
Date: Ongoing
Location: Lenham and Harrietsham. Meeting point varies, contact Marjorie.
Time: 9.50am for 10am start
Length: Approx 90 mins
Contact: Jan 01622 851623.
Two walk options available.

Maidstone Town Centre

1

Day: Thursdays
Date: Ongoing
Location: Outside the Town Hall, Bank Street ME14 1TF
Time: 10.55am for 11am start
Length: Approx 60 mins
Contact: 0300 123 1220 (option 2)
Suitable for wheelchairs and buggies.

Bower Mount Medical Practice

1

Day: Thursdays
Date: Ongoing
Meet: Practice waiting room, 1 Bower Mount Road, Maidstone ME16 8AX
Time: 10.15am for 10.30am start
Length: 40 to 60 mins approx
Those new to walking are particularly welcome.

Coxheath

2

Day: Fridays
Date: 23 September then ongoing
Location: Waiting room, Greensand Health Centre, 3 Stockett Lane, Coxheath ME17 4PS
Time: 12.15pm for 12.30pm start
Length: Approx 60 mins
Contact: Clare 01622 742966

Lenham Saturday



3

Day: Saturdays
Date: Ongoing
Location: Car park, Lenham Community Centre, Groom Way, Lenham ME17 2QT
Time: 9.45am for 10am start
Length: Approx 90 to 120 mins
Contact: Jan 01622 851623
Difficulty varies from week to week. Contact the walk leader for details.

Walk Grades

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

- 2 Brisk walk, slightly further distance
- 3 90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.

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.