

# 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.
- 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  
**Thanet**  
Health Walks

**ONE YOU KENT**

# THANET

## Alan's Amble

1

**Day:** 1st and 3rd Monday of month  
**Date:** Ongoing  
**Location:** Inside St Paul's Church, Northdown Road, Cliftonville CT9 2RD.  
**Time:** 12 noon  
**Length:** Approx 45 mins  
**Contact:** Heather 01843 446756.  
Promenade walk. Refreshments

## St Peters, Broadstairs

1

2

**Day:** Tuesdays  
**Date:** Ongoing  
**Location:** St Peter's Church Hall, Hopeville Avenue, St Peter's CT10 2TR  
**Time:** 9.15am for 9.30am start  
**Length:** Approx 30 or 60 mins  
**Contact:** 0300 123 1220 option 2.  
Two walk options available.

## Birchington

1

2

**Day:** Tuesdays  
**Date:** Ongoing  
**Location:** Birchington Village Centre, Alpha Road, Birchington CT7 9EG  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 30 or 60 mins  
**Contact:** 0300 123 1220 option 2.  
Two walk options available.  
Wheelchair friendly.

## Ramsgate Leisure Centre

2

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** High Street, Ramsgate CT11 9TT  
**Time:** 11.45am for 12 noon start  
**Length:** Approx 75 mins  
**Contact:** Karen 01843 585111

## Cliftonville Explorer



**Day:** Thursdays  
**Date:** Ongoing  
**Location:** Bus stop opp Wheatsheaf Pub, Northdown Park Rd, Cliftonville CT9 3NL  
**Time:** 10.30am for 10.45am start  
**Length:** Approx 2hrs 30 mins  
**Contact:** 0300 123 1220 option 2.  
Dogs on leads welcome.

## East Cliff Practice

1

2

**Day:** Thursdays  
**Date:** Ongoing  
**Location:** Montefiore Medical Centre, Dumpton Park Drive, Ramsgate, CT11 8AD  
**Time:** 1.45pm for 2pm start  
**Length:** Approx 45 to 60 mins  
**Contact:** 0300 123 1220 option 2.  
Two walk options available.

## TILS Walk

1

**Day:** Thursdays  
**Date:** Ongoing  
**Location:** Meet at kiosk, top of West Cliff, Ramsgate  
**Time:** 10.45am for 11am start  
**Length:** Approx 60 mins  
**Contact:** TILS 01843 294943.  
For people with learning disabilities only.  
Referral required.

## Westgate Library

2

**Day:** Fridays  
**Date:** Ongoing  
**Location:** Westgate Library, Minster Road, Westgate, CT8 8BP  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 30 and 60 mins  
**Contact:** 0300 123 1220 option 2.  
Dogs on leads welcome. Two walk options.

## Marvellous Margate

2

**Day:** Saturdays  
**Date:** Ongoing  
**Location:** Yamas Cafe, 121 High Street, Margate, CT9 1JT  
**Time:** 11.15am for 11.30am start  
**Length:** Approx 90 mins  
**Contact:** 0300 123 1220 option 2.  
Dogs on leads welcome.

## Westgate GP Practice

1

**Day:** Thursdays  
**Date:** Ongoing  
**Location:** 60 Westgate Bay Avenue, Westgate-On-Sea, CT8 8SN  
**Time:** 1.45pm for 2pm start  
**Length:** Approx 60 mins  
**Contact:** Heather 0300 042 6074

### 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.