



# Walking for health in Rushmoor

## **Walking for health in Rushmoor**

Walking is simple, free and one of the easiest ways to get more active, maintain a healthy weight and become healthier. Joining a walk is a great way to improve your health and wellbeing and to meet new people.

Walking provides mental and physical health benefits, and it is free, easy and convenient. It can also be a great way to explore your local area and is better for the environment than driving or taking public transport.

Exercise releases feel-good hormones and it is good for improving your mood, reducing stress and managing anxiety. It also helps you to sleep better, increasing your energy, keeping your muscles and bones healthy and increasing your cardiovascular fitness.

The easiest way to walk more is to make walking a habit and to think of ways to include walking in your daily routine.

### **Examples include:**

Walking part of your journey to work.

Walking to the shops.

Using the stairs instead of the lift.

Leaving the car behind for short journeys.

Walking the kids to school.

Doing a regular walk with a friend.

Going for a stroll with family or friends, after dinner.

By increasing your daily steps, you will start to lead to a healthier lifestyle, there are many groups in Rushmoor of all levels you could try.

## **Friends of Queen Elizabeth Park**

Friends Amblers – join volunteer walk leaders for a free gentle social amble around the park. This group is aimed at those who would like to walk, around the park, but lack the confidence to do it alone. Once a month on a Wednesday at 2pm. For more information go to [www.queenelizabethpark.net](http://www.queenelizabethpark.net)

Queen Elizabeth Park, Farnborough – meeting at the Farnborough Road end of the park.

Next dates are – 25<sup>th</sup> January 2023, 22<sup>nd</sup> February 2023, 22<sup>nd</sup> March 2023, 19<sup>th</sup> April and 25<sup>th</sup> May.

## **Ready Steady Mums walking group**

A weekly free, fun, and informal social walking group for new parents in Aldershot and Farnborough. Meeting at Tesco superstore, Aldershot on Thursdays at 10.30am.

For more information contact Elaine Penman on 07783 763359.

[www.hampshirehealthyfamilies.org.uk/da/160592](http://www.hampshirehealthyfamilies.org.uk/da/160592)

## **Nordic Walking**

Rushmoor Health Living – classes £5 - poles provided. Tel: (01252) 957430 – [classes@rhl.org.uk](mailto:classes@rhl.org.uk)

Beginners and weekly walks through Wellesley Woods. - evenings and during the day.

Contact Julija, for more information Tel: 07795 295728 or via email [nordicwalkwithjulija@gmail.com](mailto:nordicwalkwithjulija@gmail.com)

Aldershot Garrison Sports Centre, Rawlinson Road, Aldershot  
Tel: (01252) 347724

[www.aldershotgarrisonsc.co.uk](http://www.aldershotgarrisonsc.co.uk)

### **Talk Mental**

Talk mental has been founded by Mike Grange, an ordinary guy who has had his own struggles with mental health. The main aim of the group is to provide a support group/community for men to discuss mental health issues and/or experiences without any stigma.

Men's weekly walks and talks are organised from the Wellington Statue, in Aldershot, and from Southwood Country Park, Farnborough – for more details search for "Talk Mental" on Facebook where the walks are advertised.

### **Prospect Community Centre**

Monthly free walks. 11am from the Prospect Community Centre, Farnborough – refreshments afterwards – donations asked for. Meet 10.45am at the Prospect Community Centre, walk finishes at 12 noon. The walk is for adults, any children need to be accompanied.

<https://walktalk.shutterfly.com/>

Email [walkingclub2012@gmail.com](mailto:walkingclub2012@gmail.com)

### **Wellesley Woodland Walks**

Several marked walking routes, within Wellesley Woodlands, in Aldershot.

[www.wellesleywoodlands.co.uk](http://www.wellesleywoodlands.co.uk)

### **Heritage Trails**

A series of six trails exploring the civilian and military history of Aldershot since the Victorian era.

[www.rushmoor.gov.uk/heritagetrails](http://www.rushmoor.gov.uk/heritagetrails)

[Places & Trails \(placesandtrails.com\)](http://placesandtrails.com)

<https://www.friendsofthealdershotmilitarymuseum.org.uk/projects.006.html>

Organised tours are arranged ad hoc throughout the year.

### **North Lane Green Steps walking group**

Meet Tuesdays at 10.45am outside North Town Community Centre, 232 North Lane, Aldershot GU12 4TH.

Contact Nick Burfield –  
[nickburfield@gmail.com](mailto:nickburfield@gmail.com)  
Tel: 01252 330402

### **Ramblers - Northeast Hants group**

Guided walks, through the local area, in small groups.

[www.ramblers.org.uk](http://www.ramblers.org.uk)

### **U3A**

Farnborough and District U3A have several walking groups for different abilities.

[www.u3afarnborough.org.uk](http://www.u3afarnborough.org.uk)

### **The Walking Club (Shutterfly)**

The walking club is a volunteer association, formed from Rushmoor Healthy Living, 'Step into nature'. A friendly club running free walks from various locations in and around the Blackwater Valley in North-East Hampshire and Surrey.

<https://walktalk.shutterfly.com/>

### **Blackwater Valley**

A range of family friendly and guided nature walks along the Blackwater Valley.

[www.blackwatervalleynaturewalks.co.uk](http://www.blackwatervalleynaturewalks.co.uk)

[www.bvct.org.uk](http://www.bvct.org.uk)

### **Walking for Health in and around Surrey Heath Borough Council**

[www.surreyheath.gov.uk](http://www.surreyheath.gov.uk) – search for “rambler’s wellbeing walks”

### **Health walks in Hart District Council – open to all**

[www.hartvolaction.org.uk](http://www.hartvolaction.org.uk) – search for “health walks”

If you are interested in organising a walk in your local area, please contact

[communitydevelopment@rushmoor.gov.uk](mailto:communitydevelopment@rushmoor.gov.uk)