



For further information about the Health Walks scheme contact the Sports Development Officer on 01480 387047 or email activelifestyles@huntingdonshire.gov.uk



One Leisure Active Lifestyles
Huntingdonshire District Council
Pathfinder House, St Mary's Street,
Huntingdon, Cambridgeshire PE29 3TN

www.huntingdonshire.gov.uk/healthwalks

Huntingdonshire Health Walks

FREE guided walks lasting from 20 to 90 minutes

September 2017 to February 2018

Get **15% off**
at Cotswold Outdoor
(ask your Walk Leader for a discount code)



www.huntingdonshire.gov.uk/healthwalks

Health Walks

The Huntingdonshire Health Walks scheme is provided **FREE** as part of the national initiative 'Walking for Health' supported by Cambridgeshire County Council's Public Health Team.

Walking is one of the safest and easiest forms of physical activity. You don't need any special equipment to start walking and it can easily be built into your daily routine.

Please join us for a walk that suits you, which you can enjoy at your own pace but with the added benefit of being in the company of other walkers and trained walk leaders.

Walks Key

GREEN


Green walks are accessible for push chairs and wheelchairs. Unless found in the Short Walks section, walks last approximately 60 minutes.


ORANGE Moderate walks last 30 to 60 minutes over 2 to 3 miles. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.


RED Advanced walks last 60 to 90 minutes over 3 to 4 miles. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for new walkers, wheelchairs or buggies.

GREEN/ORANGE Moderate walks. These are moderate walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

GREEN/RED Advanced walks. These are advanced walks with the option of a short / moderate route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

 Refreshments available nearby

 Caution! Can be muddy under foot - boots advisable

 Pay and display parking
Car parking charges at some venues may be subject to change. Information correct at the time of printing.

 Dogs are not allowed on these walks
Please see dog policy on www.huntingdonshire.gov.uk/healthwalks

Health Walk Donations

Since September 2015, the Huntingdonshire Health Walks scheme has been inviting walkers to make a voluntary donation to support the running and continuation of the scheme. As regular walkers you hopefully gain a number of benefits from the scheme and therefore would consider donating to help sustain the scheme for the coming years.

The suggested donation amount is £20 per year per walker. This is not compulsory and it is an individual's choice as to whether they want to donate and the amount they wish to donate. Donations can be made by the following methods:

PHONE Call One Leisure on 01480 388500. Payment can be made weekdays 8.30am to 8.30pm and weekends 8.30am to 6.00pm.

IN PERSON Visit reception at your local One Leisure site to make a payment. Payment can be made by debit or credit card (there is no surcharge for payments made by card).

CHEQUE Make payable to 'Huntingdonshire District Council' and post to: One Leisure Active Lifestyles, Huntingdonshire District Council, Pathfinder House, St Marys Street, Huntingdon PE29 3TN quoting 'Hunts Health Walks' on the back.

Health Walk T-shirts and Fleeces

White T-Shirt £12.50

Navy Blue Fleece £19.50

All items are unisex and you can choose from the sizes: Small / Medium / Large / Extra Large

To order your items please call the One Leisure Active Lifestyles Team on 01480 387047.

Your item(s) will then be available to collect within 10 working days from either Huntingdonshire District Council, Pathfinder House, Huntingdon or your local One Leisure site (Huntingdon, Ramsey, Sawtry, St Ives or St Neots).

Items are paid for 'in full' on collection. Cash or card payments are accepted at all One Leisure sites and cash only at Pathfinder House (exact money needed as change is not available).

A collection date and time will be confirmed upon when ordering.

Featured Walks and Events

Health Walks Christmas Party

The Health Walks Christmas Party will be held on **Wednesday 20th December** at Great Stukeley Village Hall. It only costs £4.50 per person and payment in advance is required. To book please contact One Leisure Direct on 01480 388111 or visit a One Leisure reception.

Bluntisham Short Walks

Concerned about joining for the first time? Try one of our shorter 'green' walks which last 20 to 30 minutes and are suitable for pushchairs and wheelchair users.

These short walks in Bluntisham will be led by the local Parish Nurse. For further information please call Sheena Glanville on 07747 799629.

Meet at Baptist Church Hall, High Street, Bluntisham PE28 3LD

Wednesday 27th September	11.30am
Wednesday 25th October	11.30am
Wednesday 29th November	11.30am
Wednesday 20th December	11.30am
Wednesday 31st January	11.30am
Wednesday 28th February	11.30am

Huntingdon Short Walks

Concerned about joining for the first time? Try one of our shorter 'green' walks which last 20 to 30 minutes and are suitable for pushchairs and wheelchair users.

These short walks will be led by a health coach from Everyone Health, who is part of the Cambridgeshire Healthy Lifestyles Service. For further information please call Everyone Health on 0333 005 0093.

Meet at the Sallowbush Road Free Car Park (opposite the Oak Tree Centre)

Every Tuesday **10.00am**

Somersham Nature Walks

These walks are run by Lucy Bird at the Time Bank and Phil Clark, chair of the Somersham Nature Reserve group. For further information please call Lucy Bird on 01487 841359 or Phil Clark on 07894 708352.

Meet at the Station Approach entrance to Somersham Nature Reserve (near Cole and Day Petrol Station), Somersham PE28 3JD. All walks finish with an opportunity for refreshments at Hotpots Tearoom, Cranbrook Plants Nursery.

NATURE RAMBLE

A gentle paced walk taking in the Nature Reserve.

Wednesday 5th September	10.00am
Wednesday 3rd October	10.00am
Wednesday 7th November	10.00am
Wednesday 5th December	10.00am
Wednesday 2nd January	10.00am
Wednesday 6th February	10.00am

WELLBEING WALKS

















A faster paced walk lasting around 30 minutes.

















Wednesday 19th September	10.00am
Wednesday 17th October	10.00am
Wednesday 21st November	10.00am
Wednesday 19th December	10.00am
Wednesday 16th January	10.00am
Wednesday 20th February	10.00am



HUNTINGDON

All health walks are graded - see Walks Key on page 3 for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker. All walkers attend at their own risk. Children under the age of 16 need to be accompanied by an adult.

SEPTEMBER	
FRI 1 10AM	Stukeley Stroll    Meet at Three Horseshoes, Great Stukeley PE28 4AH
WED 6 2PM	Grafham Lakeside  Meet at Cinnamon Indian Restaurant Car Park, Breach Road, Grafham PE28 0BA
FRI 8 10AM	Hinchingbrooke Circular <small>Not suitable for new walkers</small>    Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
WED 13 2PM	Buckden Ramble   Meet at Buckden Village Hall, Buckden PE19 5UY
FRI 15 10AM	NEW Hartford Marina   Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 20 2PM	Brampton Ramble   Meet at Frosts Garden Centre, Brampton PE28 4NF
FRI 22 10AM	Abbots Ripton Walk Meet at Village Hall Car Park, Abbots Ripton PE28 2PF
WED 27 2PM	Lakeland Walk    Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
FRI 29 10AM	Godmanchester Lakes   Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG

OCTOBER	
WED 4 2PM	Hemingford Meadow    Meet at Houghton Mill Car Park, Houghton PE28 2AZ
FRI 6 10AM	Alconbury Weston & Upton <small>Not suitable for new walkers</small>  Meet at Village Green, High Street, Alconbury Weston PE28 4JP
WED 11 2PM	Buckden Marina  Meet at Buckden Marina, Mill Road, Buckden PE19 5QS
FRI 13 10AM	Hartford Riverside   Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 18 2PM	Grafham / Perry Walk   Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
FRI 20 10AM	Hinchingbrooke Ramble    Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
WED 25 2PM	Brampton Wood <small>Limited car parking</small>   Meet at Wildlife Trust Car Park, Brampton Wood, Brampton PE28 0DB
FRI 27 10AM	Meadow Meander   Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG

NOVEMBER	
WED 1 2PM	NEW Reserve Walk <small>Not suitable for new walkers</small>  Meet at Cow Lane, Godmanchester PE29 2EJ
FRI 3 10AM	Diddington Duddle   Meet at Buckden Village Hall, Buckden PE19 5UY
WED 8 2PM	Perry Walk   Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
FRI 10 10AM	Houghton Meadows    Meet at Houghton Mill Car Park, Houghton PE28 2AZ
WED 15 2PM	Racecourse Ramble    Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
FRI 17 10AM	Hartford Walk   Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 22 2PM	Woodland Ramble    Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
FRI 24 10AM	Portholme   Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
WED 29 2PM	Wyton Wander <small>Not suitable for new walkers</small>   Meet at Wyevale Garden Centre, Banks End, Wyton PE28 2AA



**Open Monday, Wednesday and Friday
from 9.00am to 4.00pm**

Huntingdonshire Community Nursery provides fresh seasonal fruit, vegetables and cut flowers at reasonable prices which are grown on-site without the aid of sprays and chemicals.

**Come and find us at Park Lane, Godmanchester PE29 2AG
or for further information contact Brian on 07795 237727**

Volunteering opportunities too! You could help harvest the crops and package them ready to sell? Or you help weed the veg plots or cut the grass?

Please mention **Health Walks Brochure** when replying to adverts

HUNTINGDON

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DECEMBER	
FRI 1 10AM	Brampton Village Meet at Frosts Garden Centre, Brampton PE28 4NF
WED 6 2PM	Godmanchester Stroll Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 8 10AM	Buckden Village Meet at Buckden Village Hall, Buckden PE19 5UY
WED 13 2PM	Grafham Lakeside Meet at Cinnamon Indian Restaurant Car Park, Breach Road, Grafham PE28 0BA
FRI 15 10AM	Hinchingbrooke Circular Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
WED 20	Christmas Party Meet at Great Stukeley Village Hall, Ermine Street, Great Stukeley PE28 4AL
FRI 22 10AM	Buckden Ramble Meet at Buckden Village Hall, Buckden PE19 5UY

JANUARY	
WED 3 2PM	Brampton Ramble Meet at Frosts Garden Centre, Brampton PE28 4NF
FRI 5 10AM	NEW Hartford Marina Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 10 2PM	Abbots Ripton Walk Meet at Village Hall Car Park, Abbots Ripton PE28 2PF
FRI 12 10AM	Lakeland Walk Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
WED 17 2PM	Godmanchester Lakes Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 19 10AM	Hemingford Meadow Meet at Houghton Mill Car Park, Houghton PE28 2AZ
WED 24 2PM	Grafham / Perry Walk Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
FRI 26 10AM	Hartford Riverside Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 31 2PM	Meadow Meander Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG

FEBRUARY	
FRI 2 10AM	NEW Reserve Walk Meet at Cow Lane, Godmanchester PE29 2EJ
WED 7 2PM	Diddington Duddle Meet at Buckden Village Hall, Buckden PE19 5UY
FRI 9 10AM	Houghton Meadows Meet at Houghton Mill Car Park, Houghton PE28 2AZ
WED 14 2PM	Perry Walk Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
FRI 16 10AM	Racecourse Ramble Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
WED 21 2PM	Woodland Ramble Meet at Café, Hinchingbrooke Country Park, Huntingdon PE29 6DB
FRI 23 10AM	Hartford Walk Meet at The Barley Mow, 42A Main Street, Hartford PE29 1XU
WED 28 2PM	Portholme Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG

Walking Football

Come and play a sociable game specially designed for **adults aged 35+** where players walk instead of run.



ONE LEISURE HUNTINGDON

Wednesdays from 6.00pm to 7.00pm and Fridays from 12.00pm to 1.00pm

ONE LEISURE RAMSEY

Thursdays from 1.00pm to 2.00pm



ONE LEISURE ST IVES OUTDOOR

Sundays from 10.00am to 11.00am

ONE LEISURE ST NEOTS

Mondays from 6.00pm to 7.00pm

£3.00 per session (pay and play). For more information contact One Leisure Active Lifestyles on 01480 388469.

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RAMSEY

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SEPTEMBER	
MON 4 2PM	NEW Broughton Pathfinder <small>Not suitable for new walkers</small> Meet at The Crown Inn, Bridge Road, Broughton PE28 3AY
THU 7 2PM	Bury Country Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 11 2PM	Stocking Fen Stroll Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 14 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE
MON 18 2PM	Great Fen Meet at Woodwalton Fen Car Park, Chapel Rd, Ramsey Heights PE26 2RS
THU 21	No Walk
MON 25 2PM	Museum Meander Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 28 2PM	Town Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG


OCTOBER	
MON 2 2PM	Forty Foot Circular Meet at Ramsey Forty Foot Village Hall, Ramsey Road, Ramsey Forty Foot PE26 2XN
THU 5 2PM	NEW Broughton, Illings Farm Meet at The Crown Inn, Bridge Road, Broughton PE28 3AY
MON 9 2PM	Golfing Saunter Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 12 2PM	Bury Town Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 16 2PM	Raveley Ramble <small>Not suitable for new walkers</small> Meet at St Peter's Church, Upwood PE26 2QE
THU 19 2PM	Bury Lug Fen <small>Not suitable for new walkers</small> Meet at Bury Church Hall, Bury PE26 2NS
MON 23 2PM	Bury Country Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 26 2PM	Stocking Fen Stroll Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 30 2PM	Great Fen Dragonfly Meet at Great Fen Information Point, Long Drove, Ramsey St Mary's

NOVEMBER	
THU 2 2PM	Woodwalton Walk Meet at Woodwalton Village Hall, Raveley Road, Woodwalton PE28 5YN
MON 6 2PM	Museum Meander Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 9 2PM	Town Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 13 2PM	Bury & Wistow Meet at Bury Church Hall, Bury PE26 2NS
THU 16 2PM	NEW Broughton Pathfinder <small>Not suitable for new walkers</small> Meet at The Crown Inn, Bridge Road, Broughton PE28 3AY
MON 20 2PM	Bury Town Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 23 2PM	Golfing Saunter Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 27 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE
THU 30 2PM	Great Fen Meet at Woodwalton Fen Car Park, Chapel Rd, Ramsey Heights PE26 2RS

Peter H Gammons

Furniture and flooring
For every room in your home





PETER H GAMMONS
91-95 Great Whyte, Ramsey PE26 1HG
01487 812275
www.phgammons.co.uk

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DECEMBER	
MON 4 2PM	Town Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 7 2PM	Museum Meander Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 11 2PM	Bury Lug Fen <small>Not suitable for new walkers</small> Meet at Bury Church Hall, Bury PE26 2NS
THU 14 2PM	Raveley Ramble <small>Not suitable for new walkers</small> Meet at St Peter's Church, Upwood PE26 2QE
MON 18 2PM	Stocking Fen Stroll Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
WED 20	Christmas Party Meet at Great Stukeley Village Hall, Ermine Street, Great Stukeley PE28 4AL
THU 21 2PM	Bury Country Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG

FEBRUARY	
THU 1 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE
MON 5 2PM	Great Fen Meet at Woodwalton Fen Car Park, Chapel Rd, Ramsey Heights PE26 2RS
THU 8 2PM	Town Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 12 2PM	Museum Meander Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 15 2PM	Bury Lug Fen <small>Not suitable for new walkers</small> Meet at Bury Church Hall, Bury PE26 2NS
MON 19 2PM	Raveley Ramble <small>Not suitable for new walkers</small> Meet at St Peter's Church, Upwood PE26 2QE
THU 22 2PM	Stocking Fen Stroll Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 26 2PM	Bury Country Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG

JANUARY	
THU 4 2PM	Great Fen Dragonfly Meet at Great Fen Information Point, Long Drove, Ramsey St Mary's
MON 8 2PM	Woodwalton Walk Meet at Woodwalton Village Hall, Raveley Road, Woodwalton PE28 5YN
THU 11 2PM	Museum Meander Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 15 2PM	Town Walk Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
THU 18 2PM	Bury & Wistow Meet at Bury Church Hall, Bury PE26 2NS
MON 22 2PM	NEW Broughton Pathfinder <small>Not suitable for new walkers</small> Meet at The Crown Inn, Bridge Road, Broughton PE28 3AY
THU 25 2PM	Bury Town Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
MON 29 2PM	Golfing Saunter Meet at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG

Huntingdonshire
DISTRICT COUNCIL

Be more active and feel healthier

RightStart

Exercise classes for older adults and those requiring additional support to exercise

www.huntingdonshire.gov.uk/activelifestyles

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SEPTEMBER	
TUE 5 2PM	NEW Somersham Allotments Meet at Victory Hall Car Park, Parkhall Road, Somersham PE28 3HE
THU 7 10AM	Holywell Meet at Pike & Eel Pub, Needingworth PE27 4TW
TUE 12 2PM	Houghton & Wyton Meet at Houghton Mill Car Park, Mill Lane, Houghton PE28 2AZ
THU 14 10AM	Ouse Walk Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
TUE 19 2PM	Pidley <small>Not suitable for new walkers</small> Meet at Lakeside Lodge Golf Centre, Fen Road, Pidley PE28 3DF
THU 21	No Walk
TUE 26 2PM	Hilton Meet at Village Green, Fenstanton Road, Hilton PE28 9JA
THU 28 10AM	Willhorn Meadow Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW

OCTOBER	
TUE 3 2PM	Needingworth Meet at Ouse Fen Nature Reserve, Bluntisham Road, Holywell-cum-Needingworth
THU 5 10AM	Earith Meet at The Crown Pub, 48 High Street, Earith PE28 3PP
TUE 10 2PM	Thicket Path Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 12 10AM	NEW Hill Rise Walk Meet at One Leisure St Ives Outdoor, California Road, St Ives PE27 6SJ
TUE 17 2PM	Fenstanton Meet at Car Park, Chequers Street, Fenstanton PE28 9JQ
THU 19 10AM	Somersham Meet at Victory Hall Car Park, Parkhall Road, Somersham PE28 3HE
TUE 24 2PM	Yacht Lakes Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
THU 26 10AM	Warners Walk Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 31 2PM	RSPB Fen Drayton Meet at Three Tuns Pub, Fen Drayton CB24 4SJ

NOVEMBER	
THU 2 10AM	Howards Hill (Woodhurst) <small>Not suitable for new walkers</small> Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
TUE 7 2PM	Crystal Lakes Meet at Chapel on the Bridge, St Ives PE27 5UW
THU 9 10AM	North St Ives Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
TUE 14 2PM	The Rideaway Meet at Houghton Mill Car Park, Mill Lane, Houghton PE28 2AZ
THU 16 10AM	Ouse Meander Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
TUE 21 2PM	RAF Wyton Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
THU 23 10AM	Hemingford Grey <small>Not suitable for new walkers</small> Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 28 2PM	Town Walk Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 30 10AM	The Hemingfords Meet at Axe & Compass, High Street, Hemingford Abbots PE28 9AH



cyclone
INDOOR CYCLING

Cyclone Start-up

Do you have a medical condition, are new to exercise or require extra support to start indoor cycling? If so, these social sessions will offer you the ideal environment to exercise.

For details of Cyclone sessions at One Leisure sites please visit www.oneleisure.net

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TUE 19 2PM	Ouse Walk Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
WED 20	Christmas Party Meet at Great Stukeley Village Hall, Ermine Street, Great Stukeley PE28 4AL
THU 21 10AM	Willhorn Meadow Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW

JANUARY	
THU 4 10AM	Needingworth Meet at Ouse Fen Nature Reserve, Bluntisham Road, Holywell-cum-Needingworth
TUE 9 2PM	Thicket Path Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 11 10AM	Earith Meet at The Crown Pub, 48 High Street, Earith PE28 3PP
TUE 16 2PM	NEW Hill Rise Walk Meet at One Leisure St Ives Outdoor, California Road, St Ives PE27 6SJ
THU 18 10AM	Fenstanton Meet at Car Park, Chequers Street, Fenstanton PE28 9JQ
TUE 23 2PM	Somersham Meet at Victory Hall Car Park, Parkhall Road, Somersham PE28 3HE
THU 25 10AM	Yacht Lakes Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
TUE 30 2PM	Warners Walk Meet at Chapel on the Bridge, St Ives PE27 5UW

FEBRUARY	
THU 1 10AM	RSPB Fen Drayton Meet at Three Tuns Pub, Fen Drayton CB24 4SJ
TUE 6 2PM	North St Ives Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 8 10AM	Crystal Lakes Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 13 2PM	Ouse Meander Meet at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW
THU 15 10AM	The Rideaway Meet at Houghton Mill Car Park, Mill Lane, Houghton PE28 2AZ
TUE 20 2PM	Hemingford Grey <small>Not suitable for new walkers</small> Meet at Chapel on the Bridge, St Ives PE27 5UW
THU 22 10AM	RAF Wyton Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
TUE 27 2PM	Town Walk Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU

Advertising opportunity

If you would like to advertise in the next Health Walks brochure which runs from March 2018 to August 2018 please email activelifestyles@huntingdonshire.gov.uk or call 01480 387047

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ST NEOTS

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SEPTEMBER	
FRI 1 2PM	Kimbolton Hills <small>Not suitable for new walkers</small> Meet at Kimbolton High School Entrance PE28 OEA
MON 4 10AM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD
FRI 8 2PM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET
MON 11 10AM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
FRI 15 2PM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD
MON 18 10AM	The Railway Meet at St Neots Football Club, Rowley Park, Kester Way, St Neots PE19 6SL
FRI 22 2PM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD
MON 25 10AM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET
FRI 29 2PM	Eaton Socon Pightle Meet at The Highwayman Car Park, Colmworth Business Park, Eaton Socon PE19 8YP

OCTOBER	
MON 2 10AM	St Neots Common Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
FRI 6 2PM	Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD
MON 9 10AM	Loves Farm Wander Meet at St Neots Football Club, Rowley Park, Kester Way, St Neots PE19 6SL
FRI 13 2PM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET
MON 16 10AM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD
FRI 20 2PM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD
MON 23 10AM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET
FRI 27 2PM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
MON 30 10AM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD

NOVEMBER	
FRI 3 2PM	The Railway Meet at St Neots Football Club, Rowley Park, Kester Way, St Neots PE19 6SL
MON 6 10AM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD
FRI 10 2PM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET
MON 13 10AM	Eaton Socon Pightle Meet at The Highwayman Car Park, Colmworth Business Park, Eaton Socon PE19 8YP
FRI 17 2PM	St Neots Common Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
MON 20 10AM	Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD
FRI 24 2PM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET
MON 27 10AM	Loves Farm Wander Meet at St Neots Football Club, Rowley Park, Kester Way, St Neots PE19 6SL



Huntingdonshire
DISTRICT COUNCIL

Be more active and feel healthier

RightStart

Exercise classes for older adults and those requiring additional support to exercise

www.huntingdonshire.gov.uk/activelifestyles

Please mention **Health Walks Brochure** when replying to adverts

ST NEOTS

All health walks are graded - see Walks Key on page 3 for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker. All walkers attend at their own risk. Children under the age of 16 need to be accompanied by an adult.

DECEMBER	
FRI 1 2PM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD
MON 4 10AM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD
FRI 8 2PM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET
MON 11 10AM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
FRI 15 2PM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD
MON 18 10AM	The Railway Meet at St Neots Football Club, Rowley Park, Kester Way, St Neots PE19 6SL
WED 20	Christmas Party Meet at Great Stukeley Village Hall, Ermine Street, Great Stukeley PE28 4AL
FRI 22 2PM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD

JANUARY	
FRI 5 2PM	Eaton Socon Pightle Meet at The Highwayman Car Park, Colmworth Business Park, Eaton Socon PE19 8YP
MON 8 10AM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET
FRI 12 2PM	Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD
MON 15 10AM	St Neots Common
FRI 19 2PM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET
MON 22 10AM	Loves Farm Wander
FRI 26 2PM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD
MON 29 10AM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD

FEBRUARY	
FRI 2 2PM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ
MON 5 10AM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET
FRI 9 2PM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD
MON 12 10AM	The Railway
FRI 16 2PM	Eaton Socon Pightle Meet at The Highwayman Car Park, Colmworth Business Park, Eaton Socon PE19 8YP
MON 19 10AM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD
FRI 23 2PM	Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD
MON 26 10AM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET

Health Walk Volunteers

New Health Walk volunteers are always welcome!


If you are interested in becoming a Health Walk Leader please email activelifestyles@huntingdonshire.gov.uk or call 01480 387047

Please mention **Health Walks Brochure** when replying to adverts








YAXLEY

All health walks are graded - see Walks Key on page 3 for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker. All walkers attend at their own risk. Children under the age of 16 need to be accompanied by an adult.

SEPTEMBER

THU 7 2PM	Stilton <small>Not suitable for new walkers</small> Meet at The Bell, Great North Road, Stilton PE7 3RA	 
THU 14 2PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 21	No Walk	
THU 28 2PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	 

OCTOBER

THU 5 2PM	Yaxley Meadow Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 12 2PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 19 2PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 26 2PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	







NOVEMBER

THU 2 2PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 9 2PM	Crown Lakes Meet at Crown Lakes Car Park, Farcet PE7 3BA	
THU 16 2PM	Yaxley Meadow Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 23 2PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 30 2PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 

DECEMBER

THU 7 2PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 14 2PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
WED 20	Christmas Party Meet at Great Stukeley Village Hall, Ermine Street, Great Stukeley PE28 4AL	
THU 21 2PM	Crown Lakes Meet at Crown Lakes Car Park, Farcet PE7 3BA	

JANUARY

THU 4 2PM	Yaxley Meadow Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 11 2PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 18 2PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 25 2PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	

FEBRUARY

THU 1 2PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 8 2PM	Crown Lakes Meet at Crown Lakes Car Park, Farcet PE7 3BA	
THU 15 2PM	Yaxley Meadow Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 22 2PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	 