

Walking is good for you!

Why not also try

**It's good for your heart, lungs, muscles, bones and can help you feel more positive!**

Walking is a very sociable activity, almost everyone can do it and you don't need any equipment – just comfortable walking shoes and clothing appropriate to the weather conditions.

Walking is the most flexible form of physical activity, its free, can be done anywhere at any time, and there's very little risk of injury. You don't have to spend hours, just 30 minutes a day walking can provide health benefits. However the more you do the more your health will benefit.

Health Walks are suitable for all ages and abilities, particularly if you have not walked regularly for some time. They are also a great way to meet new people and enjoy a chat whilst doing something that can benefit your health. A trained walk leader plans the walk, and helps to ensure nobody gets left behind.

#### **Individual Support**

If your condition requires that you need individual support please bring a friend / family member or if this is not possible contact the Sport & Physical Activity Development Team in order to discuss.

#### **Family Walks**

Group walks suitable for adults, babies and children. These themed family walks take place from various libraries during school holidays

#### **Nordic/Pole walking**

Group walks using poles to provide a slightly more demanding walking activity. The walk leader provides instruction on correct techniques and all necessary equipment. See [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking) for more details

#### **Pathways to Health**

Mapped walks of up to 60 minutes in your local area to enjoy on your own or with family and friends, See [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking)

#### **Walking for Health -Walk Leader Training**

A one day free training course providing you with skills, knowledge and equipment necessary to lead health walking groups in Kirklees. [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking)

#### **For further information please contact:**

Sports and Physical Activity Development Team

Tel: **01484 221000** and ask for the above team,

Email: [spadt@kirklees.gov.uk](mailto:spadt@kirklees.gov.uk)

Or the Walking for Health website [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

# Walking your way to health

**ramblers**  
at the heart of walking

**walking**  
for health



## Health walking in North Kirklees

includes Batley, Dewsbury, Cleckheaton and Spensborough


2019-20




**Kirklees**  
COUNCIL


# NORTH KIRKLEES WALKING TIMETABLE


(please phone the walk leader prior to attending to find out more about the walk)

Meet at	Type of Walk				Day	Time	Contact	Phone No.
				HW+				
Wilton Park, Batley					Tuesday	11.00am	Darren Colin	07939 165914 07719 836222
Oakwell Hall Country Park, Birstall Meet outside the gift shop					Tuesday	1.30pm	Colin Oakwell Hall	07719 836222 01924 324761 [option 4]
Batley Library Meet in the library					Tuesday	10.30am	Derek	07539 312552
Birstall Library & Information Centre, Market Place, Birstall					Wednesday	10.00am	Jim Library	07879 342333 01484 414868
Various meeting points Spensorough area 					Wednesday	10.00 am	Ivan [steady paced walk] Peter	01274 878513 07967 842299
Various meeting points Spensorough area					Wednesday	10.00am	Donavon Linda [longer walks alt. Tuesdays]	07592 689851 07952 830555
Mirfield Library					Wednesday	10am for 10.15am start	John Jenny	01924 502270 01924 488144
Gomersal Moravian Church					1st Wednesday	10.30am	Michael	01132 564826
Kirklees Active Leisure Dewsbury (reception area)					Friday	11.15am	Kathleen	07879 004849 01924 469078
Birstall Library & Information Centre, Market Place, Birstall					Friday	10.30am	Library	01484 414868
Thornhill Cricket & Bowling Club, The Combes, Thornhill, Dewsbury					1st & 3rd Saturday	1.00pm	Karen	07407 706700
St Paul's Church, Mirfield (September-February) St Mary's Church, Mirfield (March-May) St John's Church, Mirfield (June-July) No walk in August					1st & 3rd Saturday	9.45- 10.00am	Chris	01924 480261

 Wheelchair accessible

 **Walking for Health grade 1 walk** – suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

 **Walking for Health grade 2 walk** – suitable for people who are looking to increase their activity levels. They are between 45 – 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

 **Walking for Health grade 3 walk** – for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 – 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

**HW+ Health Walk Plus** – a walk of longer duration over a more challenging terrain.