



Basingstoke
and Deane



Walk the way to Health



Many people are “Walking for Health” in Basingstoke. If you would like a gentle way to improve your fitness, to make new friends, enjoy the summer weather and your local parks and open spaces do come along to one of the following walks.

- Monday at 11.00am Choice of a brisk walk or a gentle stroll. Meet at Eastrop Park boathouse
- Tuesday at 11.30am Meet at entrance to Basing Wood, Carpenters Down, Popley RG24 9NA
- Wednesday at 10.00am Meet at Gill Nethercott Centre, London Road, Whitchurch RG28 7HP
- Wednesday at 10.30am 1st Wednesday of the month, a gentle stroll. Meet in Kingsclere Square
- Wednesday at 11.00am Meet at the Aquadrome at the Leisure Park, Worting Road RG22 6PG
- Wednesday at 7.00pm A fast pace evening walk from various start places. See website for details
- Thursday at 11.00am Meet at The Walled Garden, Down Grange, off Pack Lane, Kempshott
- Friday at 11.00am Meet at Shakespeare House Medical Centre, Popley RG24 9DT
- Friday at 1.30pm 1st Friday of the month – meet inside Tadley Library RG26 3JE
- Friday at 1.30pm 3rd Friday of the month – meet at Tadley Pool RG26 3LA
- Weekend walks please see the website for further details.

There is no charge to come on the walks – all are planned and led by volunteers. Please arrive in plenty of time to register.

For details of all the walks and for further information please have a look at our website www.basingstokehealthwalks.org.uk or contact Jane Wilding on 01256 845574



walk 4 life

Try to walk for at least 30 minutes 5 or more times a week.