

## What is a Wellbeing Walk?

A wellbeing walk is a regular, weekly walk led by a trained, volunteer leader. You can take things at your own pace, starting slowly and building up gently. It's wonderfully social too – you can spend quality time with family and friends – and who knows, even make some new ones.

## What do I need?

Just a good pair of shoes, which you probably have anyway. Anything that's comfortable, supportive and doesn't give you blisters. You can move more freely in loose-fitting clothing, and it's better to wear several thin layers rather than heavy, bulky clothing. If you're going to be outdoors for a while, remember to take some water. And don't forget to be prepared for the British weather – if it looks like rain, a waterproof or umbrella will be very handy, and a sun hat and cream are a good idea in summer.

Please register free via the Ramblers website [beta.ramblers.org.uk/wellbeing-walks-sign-up](https://beta.ramblers.org.uk/wellbeing-walks-sign-up) before coming along to your first walk

## Why should I come along?

If you still need convincing, here are a few things that walking can do for your health:

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol.

## Who are we?

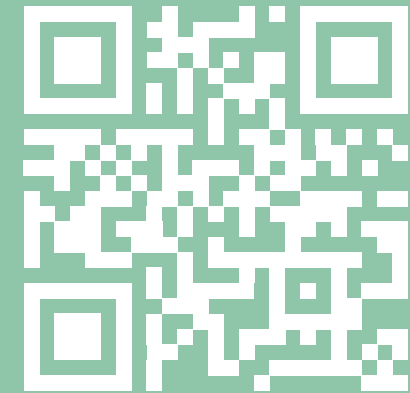
We are Wellbeing Walks, an England-wide network set-up to get you walking and get you healthy. We know that getting active can be difficult. But we're here to help. You can take part in our free short walks near to where you live, at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends.

For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, **Wellbeing Walks has something for everyone.**

The walks themselves are run by all kinds of folk, including local councils, the NHS, charities, and voluntary groups, while the network as a whole is managed in partnership by the Ramblers and Mytime Active.

For more details/find local walks visit:  
[www.mytimeactive.co.uk/wellbeing-walks](https://www.mytimeactive.co.uk/wellbeing-walks)

For more details about your local health walks scheme, please contact our coordinator Diane at [wellbeingwalks@mytimeactive.co.uk](mailto:wellbeingwalks@mytimeactive.co.uk)



SCAN ME TO  
FIND OUT MORE

mytimeactive

# Bromley Ramblers Wellbeing Walks



WALK	DAY/TIME	MEETING PLACE	DESCRIPTION								
Darrick & Newstead Woods & Tugmutton Common	Wednesday 2.00pm	Cricket pavilion Tugmutton Common off Starts Hill Road BR6 7AA	Starts at Tugmutton Common, through Darrick & Newstead Woods. 2.5 miles. 60 minutes.				✓		✓	✓	✓
Kelsey Park & Harvington Woods	Thursday 10.00am	At Kelsey Park Café by Friends of Kelsey Park notice board BR3 5JT	Starting and finishing in Kelsey Park. Approximately 1.5 miles. 45-60 minutes.	✓	✓		✓		✓		
Jubilee Park Petts Wood	Friday 2.00pm	Tent Peg Lane Crest View Drive, Petts Wood BR5 1BY	Through Jubilee Country Park. Approximately 2.5 miles. 60 minutes.	✓	✓		✓		✓		
Bromley Church Gardens	Saturday 10.30am	Outside Bromley Central Library/ Churchill Theatre BR1 1HA	Church House Gardens, Martins Hill, Queensmead Recreation Ground. Approximately 2 miles. 45 minutes.	✓	✓		✓	✓		✓	✓



Our walks are led by qualified walk leaders and provide a friendly and sociable atmosphere in which to enjoy some of our beautiful open spaces.

Walks are suitable for all ages and abilities and take place every week except Bank Holidays or in cases of severe bad weather. There is no need to book – just turn up at the location and times listed above. Sorry, no dogs please.



- Toilets
- Accessible
- Follows footpath
- Some inclines
- Refreshments
- Woods
- May be muddy
- Some declines

The Ramblers are Britain's walking charity, dedicated to promoting and supporting walking up and down the country. Whether you want to walk on your own or tackle longer walks with a group, Ramblers can provide information and inspiration to help you on your way. [www.ramblers.org.uk](http://www.ramblers.org.uk)