

What to expect

- Walk leaders will be at the meeting place before the start of the walk
- If this is your first walk, you will be asked to fill in a registration form
- One leader will walk near the front of the group with the faster people. Another walk leader will be at the back with people who need to walk more slowly
- You can walk at a pace that suits you
- Expect to meet new people, make friends and enjoy yourself!

What to wear/bring

- No special equipment is needed
- Wear clothing that is loose and suitable for the weather – layers are best
- Wear comfortable, well fitting shoes or trainers

Please get in touch if you would like to bring a dog with you on the walk.

Your health

For most people, the walks are beneficial and should not cause any problem. However, if you have any health concerns about increasing your physical activity, for example, if you have heart trouble, chest pain, dizziness or other pain made worse by activity, please seek medical advice before taking part.



Our health walks are led by trained volunteer walk leaders. The walks are 20 – 90 minutes long. We end with a cup of tea where possible.

Health walking is really easy. You do a 5 minute stroll to warm up, at least 20 minutes at a brisk pace and a five minute stroll to cool down.

A 'brisk pace' will be different for everybody. Walk so you feel a little warmer, breathe a bit heavier and your heart is pumping a bit faster. You need to be able to have a chat and not be too out of breath.

Go at a pace that is right for you – the walks are suitable for people of all abilities. Come when you are able to.

Want to get more involved? Join our team of volunteer walk leaders. Contact us to find out about the free one day volunteer walk leader training.

📞 Jenny Budd: 020 8269 4880

✉️ healthywalks@gcda.org.uk

🌐 www.beinspiredlewisham.org/Lewisham-Healthy-Walk/



gcda®



Get up, get out, get walking!

Free and friendly led walks in parks across the borough, for people of all abilities



Weekly schedule

This schedule was updated January 2020. Please contact us for any changes.

You can just turn up at the start of the walk but for the walks with varied routes, we recommend you contact us before your first walk. Please book for walks where indicated.

*Like walking?
Like meeting new people?
Got a little time to spare each week?*

Our Free volunteer walk leader training days usually take place in June, October and February. Contact us to find out more.

When	Where	Details
Mondays 11.00am	Ladywell Fields	For pregnant women and mums with babies. Meet in the Riverside reception area in Lewisham Hospital. Walk for 45-60 minutes, smooth paths with gentle slopes, ending in cafe. Contact Toyin: 07947 402 252 email: mvp.lewisham@gmail.com
Mondays 12.00pm	Lewisham Park	Meet outside St. Mauritius House, 65-67 Lewisham Park. Walk for 20-30 minutes on smooth level paths. Tea at the end.
Mondays 6.30pm	Hilly Fields	Meet by benches outside Bowling Club, Tyrwhitt Rd, Brockley (Near 484 bus stop). Choice of routes; one hilly, one flat, smooth even paths. Walk for 30-45 minutes, April-October only.
Tuesdays 10.30am	Forster Memorial Park	Meet at Goldsmiths Community Centre and walk for up to an hour to and around the park. Tea at the end. Email hello@goldsmithscommunitycentre.org.uk or call 020 8697 6172.
Tuesdays 1.00pm	Grove Park Nature Reserve	NEW WALK starts 14 January. For expectant and new parents, grandparents and carers with their children. Meet outside the office at Ringway Community Centre, 268 Baring Rd SE12 0DS. Enjoy being in the woods - the route is fairly level but may be muddy and have some rough ground. Walk for about 45 minutes with tea at the end. Email baring.walks@gmail.com or call 07878 913 598
Tuesdays 2.00pm	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20-45 minutes. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Tuesdays 11.00am	Sydenham Wells Park	Meet by the benches near the pond. Walk for up to 45 minutes, choice of routes; level, smooth paths or choose to go up the hill through wooded area.
Tuesdays 9.45am	Beckenham Place Park	Meet at Mansion House car park. Choice of 3 circular walks from 30-60 minutes. The short walk will be on level, smooth paths, others will include slopes and rough ground going through woodland.
Wednesdays 10.30am	Grove Park and beyond	Meet at Ringway Centre, Baring Rd. Varied routes, maybe up to 90 minutes, through woodland and parks, some with rough ground or slopes. Before your first walk please contact Sonja 07836 548 870.
Wednesdays 1.30pm	Ladywell Fields	Diabetes Peer Support Group: Meet in the Riverside reception area in Lewisham Hospital. Walk for 30 minutes on good paths ending at a local cafe. (1st and 3rd Wednesdays of each month) Contact: Healthwatch on 020 8690 5012.
Wednesdays 1.30pm	Thames Path and parks	VSL Befriending Group: Meet at Pepys Resource Centre. Slower walk for 30 minutes on paths. Tea at the end. For more information call Sandra on 020 8291 1747 or email befriending@vslonline.org.uk.
Thursdays 10.00am	SE London Explorers	Meet by the tables and chairs near the Clock Tower, Lewisham High St. Use public transport to travel to different local routes each week (own fares or travel passes needed). Walk for 45-60 minutes then tea in a café. Varied routes and may include slopes, steps and rough ground.
Thursdays 10.00am	Chinbrook Meadows	Walk with ChART: Meet at WG Grace Centre, SE9 4HG. Walk to and around park for 30-45 minutes on paths. Some gentle slopes. Ending at park café. Contact Victoria on 07585 840 644. Please note NEW TIME!
Thursdays 11.00am	Horniman Gardens	Meet by the benches inside the main gates. This is a hilly park so there are some slopes but you can choose a more level route, some weeks we go into the nature trail with rough ground/steps. Walk for up to 45 mins.
Thursdays 11.00am	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20-45 minutes. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Thursdays 1.30pm	Crystal Palace Park	Meet in the Anniversary Centre café, St Christopher's Hospice, SE26 6DZ. Walk for 45-60 mins on good paths with a choice of routes. Longer routes may include steps and slopes. Cup of tea in the café at the end if you wish. You can just turn up or ring for more info 020 8768 4600.
Fridays 9.30am	Deptford	Women only. Meet in the reception area of The Albany. Walk for up to an hour and explore the local area including parks. Tea at the end. Call Sophie on 07736 630 687 if you wish or just turn up at 9.20am.
Fridays 1.00pm	Lewisham paths & parks	MIND Peer Support Volunteer led walks: Meet at Glassmill Leisure Centre, Lewisham. 60 minutes walk at various locations. Café at the end where possible. Join by referral only, email contact@lewishamwellbeing.org.uk or phone Duty 020 3228 0760.
Saturdays 10.00am	Greenwich Park	Men only: Meet outside the Greenwich Park office, Blackheath Gate SE10 8QY. Varied routes on good paths, some have steep slopes. 60 minutes walk, coffee at the end. Contact Pascal on 07905 763 248. Email: pj1972@gmail.com or Iain on imacdownall@aol.com
Saturdays 11.00am	Mountsfield Park	Meet by the bandstand near George Lane entrance. Walk for up to 60 minutes on a choice of routes including one that is more level, the other using the hills in the park. Good paths (with Healthy Habits).



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www.beinspiredlewisham.org/Lewisham-Healthy-Walk/

Want to try something different? Try NORDIC WALKING!

4 week courses to learn the technique: Ladywell Fields, Saturdays, 10.15am.
 Email Laura: brockleynordicwalking@gmail.com
 Manor House Garden, Thursdays, 10am and Bellingham, Fridays, 6pm.
 Email Sonya: sonya.nordicwalking@gmail.com

