

Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active 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 14 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, Ramblers Walking for Health has something for everyone.



### Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive 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

### How you can get involved

Gosport W4H is your local Ramblers Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on

[Gosportw4h@gva.org.uk](mailto:Gosportw4h@gva.org.uk)

or call 02392 583836.



For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)

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The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)

# Gosport Walking for Health Walks Programme

April 2019 – May 2019



Working in partnership together





## Forton Circular

Every Tuesday  
Meet at 10.00 am

Meet at Forton Medical Centre  
Whites Pl, Gosport PO12 3JP  
There is a choice of 4 circular routes: Leesland Park, Hermitage Gosport Station or Old Brockhurst Station

Duration: 45 Minutes

Boot rating:  

## Priddy's Hard Circular or Seafront Walk

Specific Sundays  
April 14<sup>th</sup>\* and 28<sup>th</sup>\*  
May 12<sup>th</sup>\* and 26<sup>th</sup>  
Meet at 10.00 am

Meet at The Conservative Club  
Walpole Rd PO12 1NG

Duration: 90 Minutes (inc a café stop)



Boot rating:  

## Lee on the Solent Stroll

Every Wednesday  
Meet at 10.30 am  
Meet at Manor Way Surgery  
Manor Way, Lee-on-the-Solent  
PO13 9JG\*

We respectfully request that you *use surrounding streets for parking and not the surgery car park please*

Duration: 45 Minutes (plus a 20 minute coffee stop)

Boot rating:  

## Meon Shore to Titchfield

Every 3<sup>rd</sup> Saturday of the month (except Christmas Day) meet at 11am. Stop midway or at the end for a snack. This is a long walk and sometimes very muddy, please come prepared.

Alternative route on concrete coastal path to Lee-on-the-Solent in or after heavy rain.

Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL

Duration: 120 mins

Boot rating:  +

All walks are free!

All you need is to turn up at the advertised time.






Foot wear – anything you feel comfortable in.

For more information contact AJ on 02392 583836 or email

[gospportw4h@cfirst.org.uk](mailto:gospportw4h@cfirst.org.uk)

## Walk Level Boots Rating

Our boots rating guide (below) helps new walkers to gauge which walks are right for them. Your Walk Leader will give additional information before the walk begins and be aware during the walk of any walkers who are in difficulty.

	Terrain suitable for wheelchair and mobility scooter users and people with buggies
	Mostly flat with some slight inclines and footpaths. Distance 1 to 2 miles. No stiles
	Moderate inclines, footpaths and grassland. Distance 2 to 3 miles. May include stiles.
	Some steeper inclines, footpaths and grassland. Distance 3 to 5 miles. Includes stiles
	Progression Walk. Walks over the Health Walk maximum of 90 minutes are for walkers ready to move on to more strenuous exercise