

Northampton Health Walks

Free, volunteer led Health Walks

Northampton Health Walks Scheme

Health Walks are **FREE**
volunteer led walks, running
right across Northampton.

A great chance to meet new
people, enjoy the fresh air and
explore Northampton's parks
and open spaces

For more information contact the Health
and Wellbeing Development Team on
01604 837774 or visit
www.trilogyleisure.co.uk



Northampton Health Walks 2020

Day	Walk	Meeting Point	Time	Leaders	Grade
Monday	Billing (short walk)	Bellingle Community House, NN3 9AQ	10:00am: 30-40 mins	Bob	2
	Billing (long walk)		10:45am: 60 mins		3
Tuesday	St Luke's Short Walk	St Luke's Primary Care Centre, NN5 6FR	12:00pm: 10-20 mins	Moira	1
	Pauls Walks	Various (check website for details)	1:30pm: 20-30 mins	Albert: 07954 103807	1
	Kingsthorpe	Kingsthorpe College, NN2 7HR	9:30am: 45-60 mins	Various	2
	Hunsbury Hill Country Park 1st & 3rd Tuesday	Drovers Return Café, NN4 9RR	10:00am: 45-60 mins	Various	2
Wednesday	Lumbertubs 2nd & 4th Tuesday	Woodview Medical Centre, NN3 8AW	10:00am: 30-40 mins	Taz & Cass	2
	Eastfield	Outside Morrisons (Kettering Road), NN3 6AA	10:30am: 45-60 mins	Various	2
	St Crispin 1st & 3rd Tuesday	Little Pickle Café, NN5 4XB	1:30pm: 45-60 mins	Clive & Karen	2
	Duston Sports Centre 2nd & 4th Tuesday	Duston Sports Centre, NN5 6EX	1:30pm: 45-60 mins	Clive & Karen	2
Thursday	Delapre Abbey	Abbey Car Park, NN4 8AW	10:00am: 45-60 mins	Max	3
	Lings Forum Leisure Centre	Lings Forum Leisure Centre, NN3 8JR	10:30am: 45-60 mins	Barbara	2
	Harlestone Heath (short & long walk available)	Wyevale Garden Centre, NN5 6UJ	2:00pm: 30-40 mins	Various	1
Friday	Duston Short Walk (10-20 minutes)	St Francis Church, Eastfield Rd, NN5 6TQ	3:00pm: 10-20 mins	Moira	1
	The Racecourse	The Umbrella Café Pavilion, NN1 4LG,	11:15am: 45-60 mins	Val	2
	Duston Evening (April—September only)	Poppy Fields Farm, Duston, NN5 6GT	6:00pm: 30-45 mins	Moira & Steve	2
Saturday	Abington Park	Abington Park Café, NN1 5LW	12:00noon: 45-60 mins	Sue	2
Sunday (various - call for dates)	Lings Forum Leisure Centre 3rd Saturday	Lings Forum Leisure Centre, NN3 8JR	2:00pm: 45-60 mins	Barbara	2
	Becketts Park	Workbridge, Bedford Road, NN4 7AD	10:00am: 45-60 mins	Sue: 07799 273556	2

Grade 1: Walks up to 30 mins on a flat or gentle sloped ground, no steps or stiles,

Grade 2: Walks between 30-60 mins with moderate hills and/or stiles,

Grade 3: Walks between 45-90 mins with steeper slopes, uneven surfaces and stiles

Health Walks are an excellent way to stay active and explore Northampton's parks and open spaces. A great chance to meet new people, enjoy the fresh air and best of all they are

completely FREE. Our walks are led by friendly volunteer Walk Leaders.

