

# walk 4 life



# wandsworth walk timetable

Check the times and days opposite for a walk to suit you. If you don't see a walk that is convenient for you, or you are interested in setting up another walk at a different time, please contact us.

**Just 30 minutes of walking a day will increase your fitness level and make you feel good.**

Please note that walks could be subject to change.

We recommend you call the walks co-ordinator for up to date information. We will get back to you as soon as possible.

Please arrive 5 minutes before the walk is due to start. New walkers will be required to fill out a health questionnaire. This is for insurance reasons and so your leader is aware of any health problems.



## **battersea park**

Battersea Park is one of the best inner city secrets. The park is fascinating with plenty of historical and attractive gardens. Enjoy a walk with your leader and watch the park change as we go through the seasons.

### **10.30am every Tuesday**

Meet by the red phone box on Albert Bridge.

### **5pm every Tuesday**

Meet at the main park gates near Chelsea Bridge.

## **clapham common**

Clapham Common comprises 200 acres of open green space with three ponds. The common is surrounded by houses built in the 1700s. There is a cafe in the centre next to the bandstand that has been restored but was originally erected in 1890. The common is popular with dog walkers, joggers, walking and a popular place for summer festivals.

### **7.30am Monday to Friday**

Meet by the Green at Wix Lane School on Wix's Lane.

### **4.45pm Every Tuesday**

Meet at the band stand. This is a brisk walk.

### **5pm every Wednesday**

Meet at the band stand.

## **putney river walk**

The Putney River walk starts at the pier which in recent years has become very busy. As you continue along the river it gradually becomes more peaceful as you pass the famous boat houses where the annual Oxford v Cambridge boat race starts. Across the river is Fulham Palace Gardens and Bishops Park.

### **4pm every Thursday**

Meet at Putney Pier, Putney Bridge.

## **tooting common**

Tooting Common consists of two adjacent areas of common land lying between Balham, Streatham and Tooting. Wandsworth Council describes the historically separate Tooting Bec Common and Tooting Graveney Common as Tooting Common. The area includes a number of formal avenues of trees and proves to be a peaceful walk. There are tennis courts, play parks and ponds.

### **7.30am every Monday, Wednesday, Thursday and Friday and 2pm every Tuesday**

Meet at the bench near the tennis courts.

### **1.45pm every Wednesday, Friday and Saturday**

Meet at the Mosque on Mitcham Lane.

### **10am every Thursday**

Meet at Dr Johnson Avenue car park.

## **walk 4 life**

**Did you know walking is a simple way to stay healthy? In fact, there's probably no easier way of being active outdoors! Walking can help reduce your blood pressure, lower your stress levels, and manage your weight. It can also help prevent serious health conditions.**

**NHS Wandsworth has teamed up with Wandsworth Council to offer a series of free walks around the beautiful local parks.**

**The walks will be led by trained instructors who can advise and guide you towards building up your physical activity at a pace that suits you. The walks are free of charge and you don't need to book a place - you can just turn up on the day. However it would be useful to let us know if you might be attending.**



**Q. What do I need to bring?**

**A. Comfortable walking shoes**

**A bottle of water**

**An extra item of clothing in case the weather changes.**

**Q. How long will each walk last?**

**A. Walks will generally last one hour.**

**Q. How can I tell how far I'm walking?**

**A. Ask your walk leader for a free step counter and count your steps! Try to build up to 10,000 steps a day.**



**Wandsworth Walks Co-ordinator**

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**Email: [sportsdevelopment@wandsworth.gov.uk](mailto:sportsdevelopment@wandsworth.gov.uk)**

**[www.wandsworth.gov.uk](http://www.wandsworth.gov.uk)**