



RAMBLERS

Warwick District

WELLBEING WALKS

in Warwick District



www.warwickdc.gov.uk/wellbeingwalks
www.ramblers.org.uk

Updated November 2024

Wellbeing Walks

Why not join one of our regular Wellbeing Walks in Leamington, Warwick, Kenilworth or Hampton Magna? It's a great way to keep a healthy mind and body, meet new people and prevent illness. Walks are led by a friendly team of volunteers and vary in length and distance from half a mile to four miles depending on your walking ability and most cater for wheelchairs and pushchairs/ buggies.



**first steps to
a happier,
healthier you**

Choose How You Move in Warwick District

Earn rewards for green and healthy travel when out and about in Warwick District!

Our Choose How You Move challenge rewards you for ditching the car and choosing sustainable transport. Track your travel and earn BetterPoints that can be redeemed at your favourite local high street stores, or donated to charity. Each Wellbeing Walk you do can earn you rewards, so why not get started?

Visit www.warwickdc.gov.uk/CHYMWD to get started.



Royal Leamington Spa SYDNI Stroll for Beginners

Where	SYDNI Community Centre, Sydenham, CV31 1PT		
When	Every Wednesday at 10.30am		
How long	60-90 minutes	How Far?	Up to 3 miles

The route varies each week dependent on weather and walking abilities.

What do I need Just a good pair of shoes as it's a bit muddy in parts!
Toilets and refreshments are available; wheelchair accessible; parking nearby

Royal Leamington Spa BRUNSWICK HUB

Where	98-100 Brunswick Street, CV31 3BD and Sayer Court, CV31 3AL		
When	Every Monday at 10.30am from Brunswick Hub		
How long	60-90 minutes	How Far?	1-3 miles depending on ability

The walk route will take in one or more of the local parks.

What do I need Just yourself and some sturdy shoes!
Toilets and refreshments are available; wheelchair accessible; parking nearby

Royal Leamington Spa CLARENDON PARK WALKERS

Where	Outside the Aviary Café in Jephson Gardens, Leamington Spa CV32 4AA		
When	Every Thursday at 11.30am		
How long	1 Hour	How Far?	Approx 2-2½ miles

Join the Clarendon Park Walkers and enjoy the many beautiful riverside park walks that Leamington has to offer including Jephson Gardens, Pump Room Gardens and Victoria Park.

What do I need Waterproof outdoor shoes, and bring a waterproof just in case!
Car parking nearby; public transport accessible; toilets and refreshments available

Royal Leamington Spa LILLINGTON LIBRARY

Where	Lillington Library, Valley Road, Lillington, CV32 7SJ		
When	First Saturday of every month at 10.30am		
How long	1 Hour	How Far?	1 mile, depending on ability
What do I need	Just yourself and some sturdy shoes/waterproof clothing Returning to Lillington Community Centre for tea/coffee.		

Royal Leamington Spa LILLINGTON HEALTH HUB

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Monday at 9am		
How long	1 Hour	How Far?	1 mile, depending on ability
What do I need	Just yourself and some sturdy shoes/waterproof clothing Returning to Health Hub for tea/coffee.		

Royal Leamington Spa LILLINGTON 3 PARKS WALK

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Wednesday at 5pm		
How long	1 Hour	How Far?	3 miles
What do I need	Returning to Health Hub for tea and coffee . The route takes in the 3 parks, Mason Avenue Park , Midland Oak Park and the Holt. Easy access for push chairs , wheelchairs, mobility scooter and any other walking aids.		

Royal Leamington Spa LILLINGTON NEW YEAR, NEW YOU

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Friday at 6pm		
How long	1 Hour	How Far?	3 miles
What do I need	Returning to Health Hub. The route takes in the 3 parks, Mason Avenue Park , Midland Oak Park and the Holt. Easy access for push chairs , wheelchairs, mobility scooter and any other walking aids.		

Royal Leamington Spa LILLINGTON NEW BEGINNERS & BUGGIES WALK

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Monday at 9.30 - 10.30am		
How long	1 Hour	How Far?	30 minutes walk time

The hour includes the refreshments time. A gentle group walk around the local park with opportunities to pause and rest along the way. Great for those who want to improve health and mobility slowly and with support. Free and open to all.

What do I need Just yourself . Ends back at the Hub for refreshments.

Warwick CHASE MEADOW MEET & WALK

Where	By the Duck Pond in the park opposite the shops on Narrow Hall Meadow, Warwick, CV34 6BT		
When	Every Tuesday at 11am		
How long	60 minutes	How Far?	up to 1.5 miles

A friendly, easy going walk suitable for all abilities, finishing at Chase Meadow Community Centre for tea and coffee. For more information contact Karen on 07474 647494 or at bearsat55@hotmail.com

What do I need Just yourself and a willingness to connect with your local community! Weather-appropriate clothing and suitable footwear.

Toilets and refreshments available; wheelchair accessible; parking nearby

Warwick CHASE MEADOW RENDEZVOUS & RAMBLE

Where	Meet at the gate to the park opposite the shops / The Unicorn Pub (The Unicorn, 64 Hardwick Field Lane, Warwick, CV34 6LN)		
When	Every Tuesday from 7 pm		
How long	60 mins	How Far?	up to 3 miles

A friendly walk at a faster pace. For more information contact Jane on 07413 390627 or at jane@jsdi.co.uk

What do I need Just yourself and a willingness to connect with your local community! Weather appropriate clothing and suitable footwear.

Warwick WARWICK GATES WALK

Where	Heathcote Community Centre Cressida Cl, Heathcote CV34 6DZ		
When	Every Tuesday from 11.30		
How long	60 mins	How Far?	1-3 miles depending on ability
There is parking, toilets, buggy and wheelchair friendly. Refreshments after the walk			
What do I need	Just yourself and suitable footwear.		

Warwick PRIORY WALKERS AT THE RACECOURSE

Where	Warwick Racecourse (meet at Warwick Golf Centre, Bread & Meat Close)		
When	Every Thursday at 11am		
How long	Up to 1 hour depending on ability		
Toilets, free parking at Bread & Meat Close for 2 hours, refreshments available to purchase afterwards at Warwick Golf Centre.			
What do I need	Just yourself and your friendly smile!		

Hampton Magna THE OPEN DOOR CAFÉ

Where	3 Slade Hill, Warwick, CV35 8SA		
When	3 walks available. Every Wednesday, 11am / 11.30am / 12pm		
How long	11am, 90 minutes	How Far?	0.5 - 4 miles Weather dependent
	11.30am, 60 minutes		
	12pm, 30 minutes		

Call Caroline Edwards for more details 07816 074387

What do I need	Just yourself and suitable footwear as paths can be uneven or muddy depending on the walk.		
Toilets and refreshments available; wheelchair accessible; car parking nearby			

Kenilworth CASTLE MEDICAL CENTRE

Where	Castle Medical Centre, 22 Bertie Road, Kenilworth, CV8 1JP		
When	Every Monday at 2pm		
How long	30 minutes	How Far?	0.5 to 3 miles depending on ability
Please call 01926 427684 or look online for further information			
What do I need	Just yourself!		
Toilets, public transport accessible & car parking nearby			

Kenilworth ABBEY MEDICAL CENTRE

Where	Abbey Medical Centre, 42 Station Road, Kenilworth CV8 1JD		
When	Every Friday at 12.30pm		
How long	30 minutes	How Far?	0.5 to 3 miles depending on ability
What do I need	Sturdy footwear is handy, you might also want to bring a camera as there are some spectacular views of St Marys abbey and the lake always has a range of ducks and geese.		
Toilets and refreshments available; wheelchair accessible with car parking nearby			



it's a great way to keep
a healthy mind and body

Walking has been described as the perfect exercise, and we completely agree!

Healthy Bodies

Walking is a normal, every day activity - and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. It gives us energy.

Meet New People

Walking as part of a group is a good way to start and keep going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area.

Healthy Minds

Walking – Just like when we do any kind of exercise, our brains release chemicals that make us feel good. This means walking can help with things like depression, stress and anxiety.

Preventing Illness

Being active is a great way to help reduce the risk of a number of different illnesses. People who stay active are less likely to have certain types of cancer, diabetes and heart conditions.

Wellbeing Walks are run by the Ramblers. By sharing their walking and health expertise they enable our schemes to offer short, free, local health walks in communities across England.

Contact Joanna Dagg

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 @healthywalks  Wellbeing Walks in Warwick District