

Walking in Tilehurst & Purley on Thames

2024



West Berkshire
C O U N C I L

Five Ways to Wellbeing

There are lots of free and meaningful things that we can all do every day that will improve our mental health and wellbeing.

We want to encourage you, your community and local organisations in West Berkshire to adopt the Five Ways to Wellbeing. Explore this map for tips on how you can do this:

- 1 Connect
- 2 Keep learning
- 3 Be active
- 4 Give to others
- 5 Take notice

Why not commit to achieving your 'five a day' and improve your mental health and wellbeing? There are lots of ways you can do this in Berkshire [here](#).



1. Connect

Wellbeing Walks

We offer free, regular, led [Wellbeing Walks](#) for people of all abilities. Our walks are friendly, welcoming and empowering and they are a great opportunity to explore the outdoors, discover new places and meet new people.

Our walk leaders are trained volunteers who are on hand to provide encouragement and support to walkers of all abilities.

The walks are free and easy, ranging from 30 to 90 minutes. Some walks stop for coffee afterwards in a nearby cafe; a good opportunity to socialise and relax after the walk.



2. Keep Learning

Since Saxon times until 1967, Tilehurst, or Tigel-Hurst which means “the wooded hill where tiles are made” has been renowned for its tile production sourced from local clay. Full of history in its quaint village and manors, Tilehurst has a lot to discover and admire.

The Thames Path passes through the village of Purley on Thames, near the river Thames and Mapledurham Lock. During the 1930s land along the river was sold in individual plots, to Londoners, who used them as a weekend retreat. Some of the original homes can still be seen in Mapledurham Drive.

[Calcot Park](#)

Tilehurst used to cover a vast area through the 17th and 28th centuries, and was home to a number of manors. Its most recognisable still stands in Calcot Park, which is now a grand golf course.

[Tilehurst Water Tower](#)

Built in 1932, the iconic tower was erected to supply water to properties at higher levels. Still in use, it is a prominent landmark in the vicinity and, located on the Tilehurst ridge line, it dominates the skyline from most directions.



[St Mary's Church, Purley on Thames](#)

The ancient St Mary The Virgin Church, Purley on Thames, was founded in 1121. It is recognised by its iconic bell-tower and lynch gate. It was rebuilt by the Normans in 1150 after it burnt down from a fire in 1135 during Anarchy.

[Kennet and Avon Canal](#)

The Kennet & Avon Canal, at 87 miles long, links London with the Bristol Channel, and passes through some spectacular landscapes including Wiltshire and the rolling Cotswolds. You can walk along the canal to the town centre of Newbury.

You can also visit [Newbury Library](#) to access more learning resources about West Berkshire, or [West Berkshire Museum](#) to uncover more amazing moments in history.

3. Be Active

Run Together

If you're new to running, or just out of practice, there are a number of free running groups especially for beginners in West Berkshire to help you get off on the right foot. These are organised in partnership with [Run Together](#).

The weekly sessions are fun, friendly, and free of charge, taking place in parklands and open spaces. They're suitable for complete beginners or those who've been inactive for a while - you just need to wear some comfortable clothing and trainers to join in.



4. Give to others

There are so many opportunities in Tilehurst and Purley-on-Thames to give to others, which as one of the Five Ways to Wellbeing has been proven to create feelings of happiness. This can be volunteering like the walk leaders of our [wellbeing walks](#) who arrange and run their own regular walk. Or backstops and mid markers who help manage the groups when they grow as keeping a team of 20 walkers together at all different paces can be a challenge.

With various roles across Berkshire available, you may like to consider volunteering yourself. Explore the opportunities we have available on our [website](#), from library assistants to community IT support.

The wellbeing walks community often become good friends and build their own network of support and encouragement which also helps people with staying connected. By using the beautiful pathways of West Berkshire we protect them and they are secure for future generations.

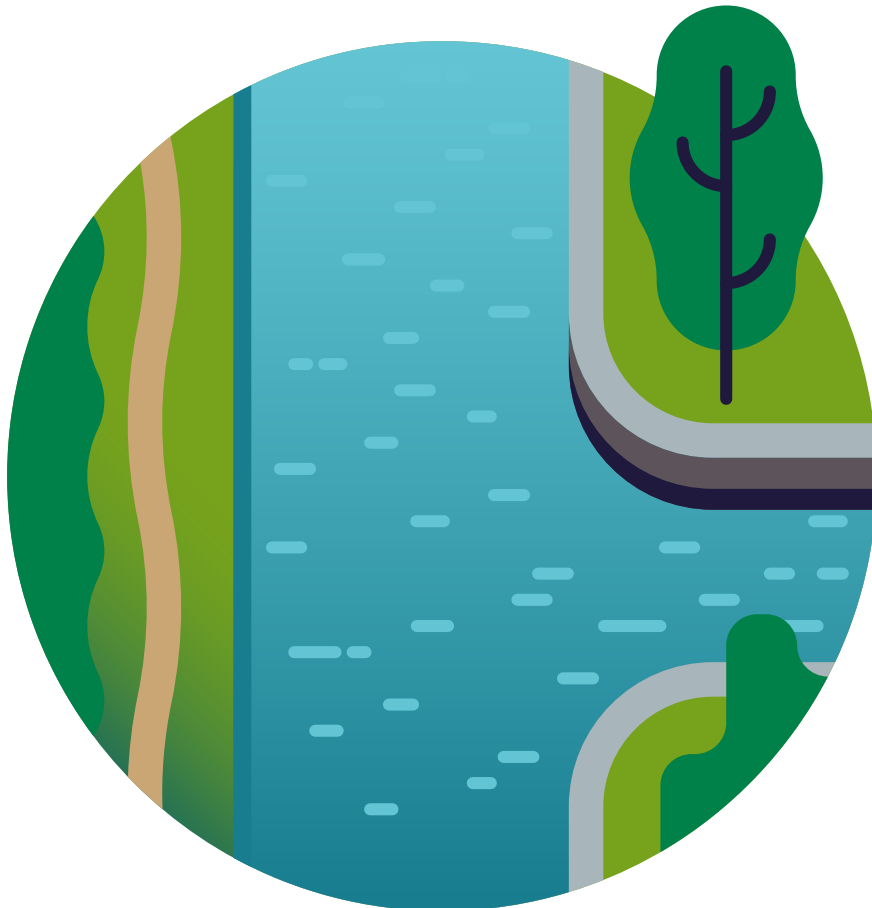
Remember your day forever - capture yourself or your group on your walking route with a photo near your favourite view or rest stop! We love to see your photos on our [Instagram page](#). Tag us @westberkshire.

5. Take notice

It can be hard to turn away from our busy lives and pause, and enjoy the moment we are in. There are places in Tilehurst and Purley on Thames where you can practice this such as Mapledurham Lock or along the Canal.

Walking is such a good way to get close to nature. Purley on Thames is near the river where you can enjoy the sound of rushing water and the sights of dragonflies and ducks, the slow movement of a canal barge and the shapes it makes in the water.

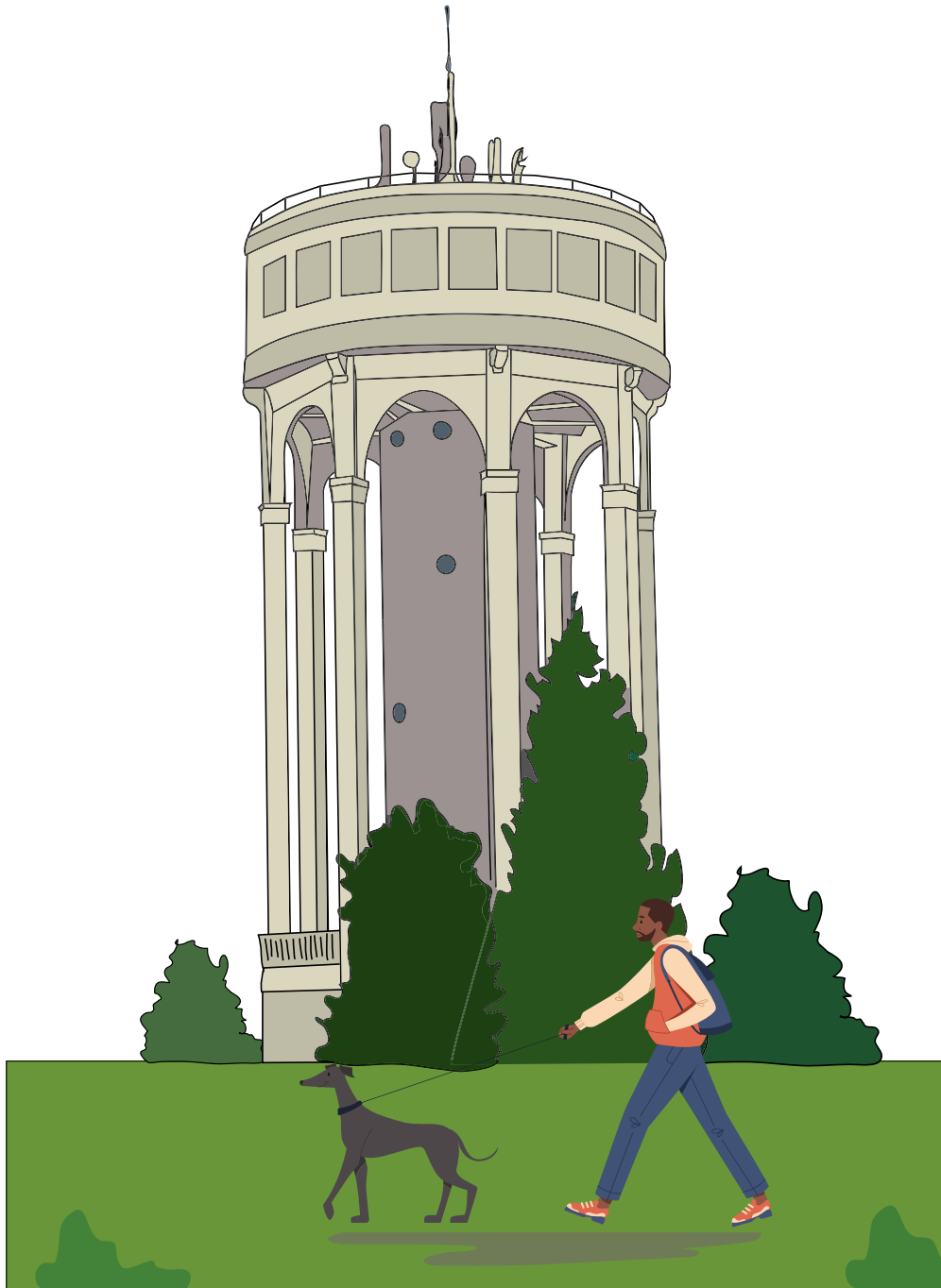
Focusing on details helps us to access a sense of calm through taking notice.



Walking in Tilehurst

Walk to improve your health, your mind and your environment. Here are a few places in Tilehurst you can walk to visit.

- 1 Tilehurst Water Tower
- 2 St Mary's Church
- 3 Kennet and Avon Canal
- 4 Calcot Park



Accessible Walking

West Berkshire Council is committed to enabling and improving access for all. This map may be available in other formats upon request to the Council on publichealthandwellbeing@westberks.gov.uk.

For further information about access for people with disabilities, email info@westberks.gov.uk or visit www.westberks.gov.uk.

Disclaimer

Care should be taken on all routes. The Highway Code and the usual rules of road safety should be observed.

Extreme caution is advised when near water and railway lines, especially with young children.

Whilst we try to ensure the accuracy of all routes, we do not accept liability for any use made of them by you.

The routes are intended as a guide only, neither the Council nor any officer or agent of the Council will be legally responsible for any inaccuracies.

Routes and paths shown on the map are not necessarily rights of way. Some routes may only be open during business hours of the premises they serve.

Contact

If you would like more information on the walking routes in Berkshire or would like to get in touch, please contact us at

West Berkshire Council

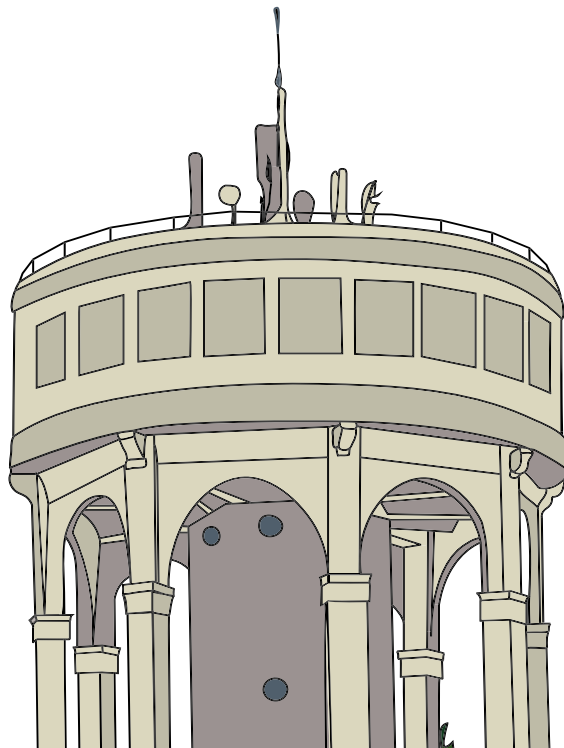
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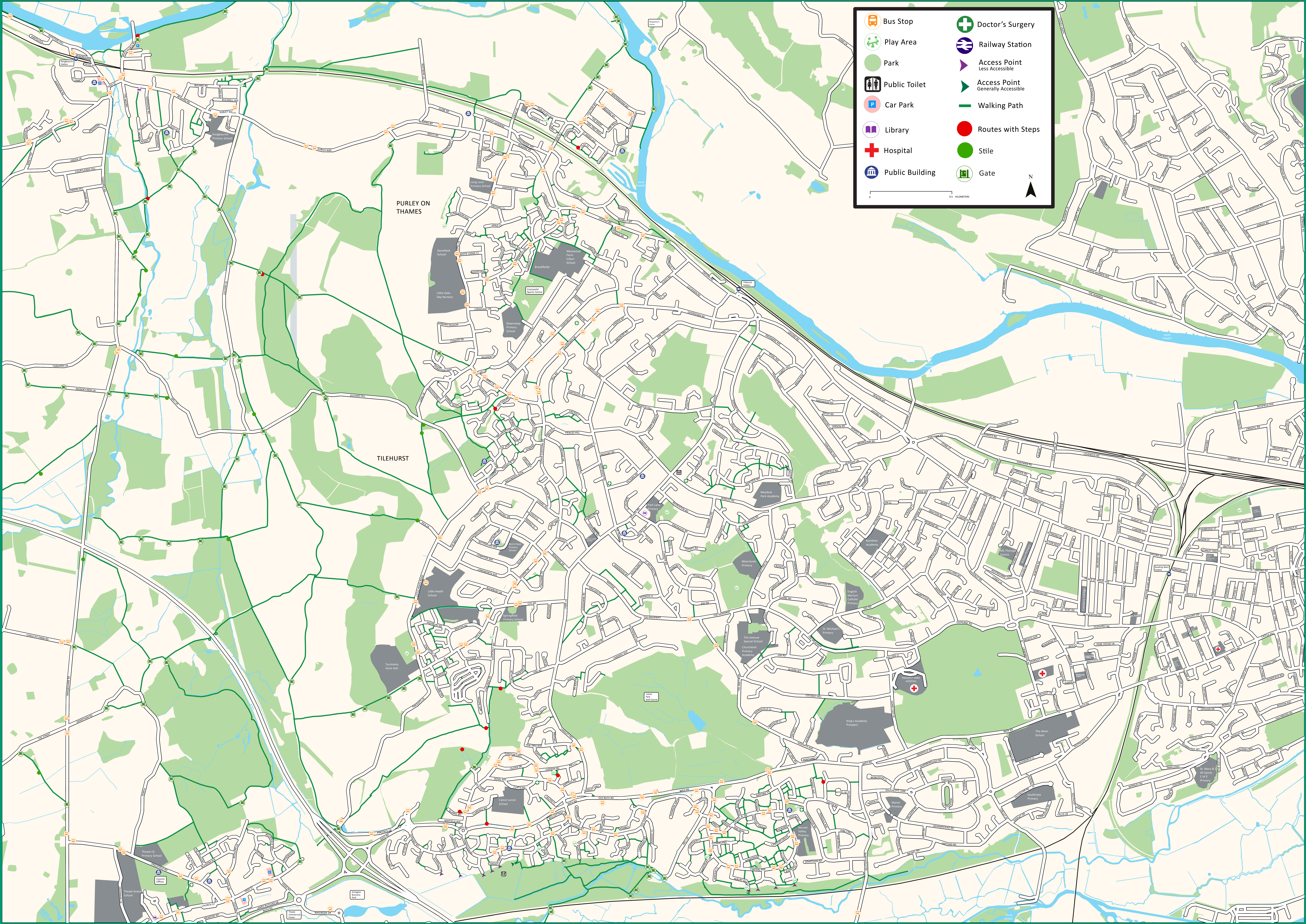
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|--|-----------------|--|--------------------------------------|
| | Bus Stop | | Doctor's Surgery |
| | Play Area | | Railway Station |
| | Park | | Access Point Less Accessible |
| | Public Toilet | | Access Point Generally Accessible |
| | Car Park | | Walking Path |
| | Library | | Routes with Steps |
| | Hospital | | Stile |
| | Public Building | | Gate |

0.5 KILOMETERS

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PURLEY ON THAMES

TILEHURST

