

Join a walk today

just turn up and join in!

West Berkshire

Wellbeing Walks

 RAMBLERS

**WELLBEING  
WALKS**

West Berkshire

## Monday

	10 - 11am	Hungerford Common – (Hungerford Rugby Club car park)	
	11am - 12pm	Stroud Green, Newbury (Opp. The Plough Pub)	
(1st & 3rd of month)	10.30 - 11.15am	Beansheaf Community Centre Calcot	
(4th of month)	10:30am - 12pm	Englefield Estate Walk (Recreation Ground, Englefield Road, Theale)	

## Tuesday

	9.30 - 11.30am	Mortimer Long (The Community Centre Car Park, The Street)	
	10 - 11.30am	Mortimer Regular (The Community Centre Car Park, The Street, Mortimer)	
	10.30 - 11.30am	Mortimer Short (The Community Centre Car Park, The Street, Mortimer)	
(1st, 3rd & 5th)	10 - 11am	Kintbury (Coronation Hall, Kintbury)	
(2nd & 4th of the month)	10 - 11am	Inkpen (Crown and Garter Inn)	
	11am - 12pm	Northcroft Leisure Centre, Newbury (car park)	
	10:30 - 11am	Burdwood Surgery, Thatcham (Car Park)	

## Wednesday

	10 - 11am	Hosehill Lake, Theale (Fox & Hounds car park)	
	10:30am	Wednesday Newbury library (in front of the library)	

## Thursday

(1st of month)	10:45 - 11:45am	Pineapple Café, Rowan Drive, Newbury	
(2nd, 3rd, 4th & 5th)	10:45 - 11:45am	Watermill Theatre (Overflow car park, Watermill Theatre Bagnor)	

## Friday

(1st of month)	10 - 11.30am	Greenham Common (Control Tower car park)	
(2nd of month)	10 - 11am	Nature Discovery Centre, Muddy Lane, Lower Way, Thatcham	
(3rd of month)	10 - 11am	Snelsmore Common, Newbury (Rangers Office)	
(4th of month)	10 - 11am	Northcroft Leisure Centre, Newbury (car park)	
(5th of month)	10 - 11am	Nature Discovery Centre, Muddy Lane, Lower Way,	

-  Suitable for beginners
-  Everybody welcome to walk at their own pace.
-  No stiles options available
-  Brisk walks, for regular walkers

**Walks run weekly unless otherwise stated.**  
**For further information on Wellbeing Walks in West Berkshire please contact Public Health on 01635 503437**  
**walking@westberks.gov.uk**  
**or visit info.westberks.gov.uk/wellbeingwalks**  
**www.facebook.com/wbcpublichealth**

