

Health Walks...

spring - summer
Programme
2011

...in the **Newmarket & Mildenhall** area

From April To June 2011



Join our free health walks and discover the many benefits of walking.

Take in the countryside and the town you live in.

Walking is a very friendly activity with endless health benefits.

activeforlife



What is a Health Walk?

A brisk walk around your area, you are encouraged to walk slightly faster than a stroll. The walk should make you feel warm and your heart will beat a bit faster. Your breathing will be quicker but you should still be able to talk. We encourage you to go at your own pace and build up gradually. Our walk leaders are friendly and will support all walkers whether you are a regular walker or just starting out. There will be a trained leader at the front and back of the group so you will not get left behind. It is an enjoyable activity and a great way to meet new people and socialize.

Is it suitable for me?

If you are looking to introduce or increase your activity, walking is a good way to start. It can improve your health in many ways. These are just a few;

- Lower risk of falls and hip fractures as bones are stronger
- Reduce the risk of coronary heart disease and stroke
- Help to lower your blood pressure
- Reduce your risk of diabetes, or helping to control your blood glucose levels
- Reduce feelings of stress. It also helps to improve your core strength and posture.

Join us and find out for yourself.

How do I join?

Our walks are free of charge and you do not have to book in advance. On your first attendance we will ask you to fill in a simple health questionnaire beforehand so please arrive 15 minutes before the walk is due to start to give you enough time to fill it in.

Which walk do I choose?

Level 1 – Beginner – If you are looking for a gentle walk to begin with these walks are for you. They are approximately 1 to 2 miles long. They are mainly on flat firm surfaces with gentle gradients.

Level 2 – Improver – If you are already active and are looking for a slightly more challenging walk, these walks are for you. They are approximately 1.5 to 2.5 miles long and may include some uneven surfaces and steeper gradients, some surfaces may be muddy and slippery.

Level 3 – Advanced – These are for people that are very comfortable with Level 2 walks and are looking for a longer challenging walk. They are approximately 2.5 to 5 miles long and may include grassy uneven surfaces and longer steeper gradients, some surfaces may be muddy and slippery.



**We are really sorry
but dogs are not
permitted on any of
the walks**

Some tips

Please read all the information on the walks so you select the right one for you.

- Some meeting points will have access to toilets and refreshments, others will not and a short drive may be necessary.
- Some routes may be grassy, muddy, slippery and uneven so please have appropriate footwear and clothing for all weather conditions.
- Our walks will take place in most weather conditions unless we feel that it is unsafe. Examples would be heavy rain, high winds, icy conditions and snow. If this occurs we will try to have a walk leader at the meeting point to give information if it is safe for them to do so.
- Have water with you for during the walk and wear sunscreen where necessary (even on cloudy and windy days there is a risk of sunburn).
- You are responsible for your own safety and participation is at your own risk, so please bring along any appropriate medication required.
- If you have a mobile phone please bring it with you on the walk
- Children under 16 must be accompanied by a parent or guardian aged 18 years +.
- We recommend for village walks that where possible we all car share. We will do our best to try to arrange this for you by contacting the other walkers. This would be environmentally friendly as well as helping each other out and minimizing the car parking.

The Health Walks scheme is jointly provided for Free by Anglia Community Leisure and Forest Heath District Council.

Our walk leaders are volunteers who have completed the walk leader training with Natural England's walking the way to Health Initiative.



Don't forget If you would like to volunteer as a walk leader please contact:

Mick Smith on 07957 433096 email: micksmith@aol.com
or see us on facebook at Newmarket area Health Walks

For more information on the walks go to: www.angcomleisure.com/health-walks

Spring into Summer

Newmarket:

Level 2

Tuesday 5th April – 11.00am

Meeting point: Leisure Centre reception.

Walk: Town and around

Distance approx: 2.1 miles

Walk information: Gentle gradient, can be muddy, slippery & uneven in places. Roads to cross. Toilets/refreshments available at the start/finish point. Parking is Free.

CB8 0EA

sat nav

Mildenhall:

Level 3

Wednesday 13th April – 11.00am

Meeting point: Next to the sign post of the River Lark map.

Next to the car park.

Walk: River Lark and Barton Mills.

Distance approx: 2.3 miles

Walk information: A combination of pavements, gravel tracks & grassy surfaces. some uneven. A bridge to cross Can be muddy & slippery in places. Roads to cross. Toilets at the start/finish point. Parking is Free in the recreation way car park. Please allow time to park as it can be busy.

IP28 7HG

sat nav

Burwell:

Level 2

Thursday 21st April – 11.00am

Meeting point: Outside the Church.

Walk: Priory Wood.

Distance approx: 2 miles

Walk information: A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross. Refreshments & toilets at the finish point. Parking is opposite the Five Bells Pub.

CB25 0HD

sat nav



2011



Mildenhall: **New!**

Level 2

Tuesday 26th April – 11.00am

Meeting point: The Half Moon Pub.

Walk: Town and woods.

Distance approx: 3 miles

New extended walk further into the woods.

Walk information: Some uneven ground which can be muddy and slippery due to leaves. Roads to cross. Refreshments and toilets at the finish point.

Parking in the Half Moon car park.

IP28 7HS

sat nav

Newmarket: Afternoon walk

Level 2

Wednesday 4th May – 1.00pm

Meeting point: Outside the White Lion Pub.

Walk: Racecourse walk.

Distance approx: 2 miles **Ideal for beginners.**

Walk information: Pavement and grassy surfaces, can be slightly uneven. Can be muddy and slippery in places.

Parking further up past the White Lion and petrol station or in Grosvenor Yard in town (CB8 9AW) small charge.

CB8 9AP

sat nav

Dalham:

Level 2

Thursday 12th May – 11.00am

Meeting point: Outside the Affleck Arms.

Walk: Dalham.

Distance approx: 2 miles

Walk information: A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places.

Roads to cross.

Parking available at the pub car park.

Refreshments and toilets at the finish point.

CB8 8TG

sat nav



Ashley/Cheveley:

Level 3

Tuesday 17th May – 11.00am

Meeting point: In the Crown car park.

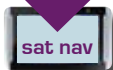
Walk: Ashley/Cheveley.

Distance approx: 4.2 miles

Walk information: A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy and slippery in some places. Roads to cross. Toilets and refreshments at the finish point. Parking in the Crown car park.

NB: The Crown is now offering a Walkers special menu

CB8 9DR



Mildenhall:

Level 3

Wednesday 25th May – 11.00am

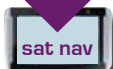
Meeting point: Next to the sign post of the River Lark map.

Walk: Lark and Town.

Distance approx: 1.7 miles

Walk information: A combination of pavements, gravel tracks & grassy surfaces. Some uneven. A bridge to cross at the beginning of the walk. Can be muddy & slippery in places. Toilets at the start/finish point. Parking is Free in the recreation way car park. Please allow time to park as it can be busy.

CB8 8TG



Newmarket:

New!

Level 2/3

Thursday 2nd June – 11.00am

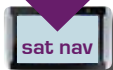
Meeting point: Edge of Dyke off the Bronze stallion roundabout.

Walk: Devils Dyke.

Distance approx: 3 miles

Walk information: Can be muddy and slippery in places.
L2: Flat walk along the flat beside the dyke, slightly uneven in places.
L3: For the more adventurous, moderate/steep gradients walking along the top. Parking area at end of road past July course entrance.

CB8 0TQ



For Mildenhall and Newmarket/village walks please contact the walks co-ordinator

On 01638 782 500



Burwell:

Level 2

Tuesday 7th June – 11.00am

Meeting point: Outside the Church.

Walk: Priory Wood.

Distance approx: 2 miles

Walk information: A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross.

Refreshments & toilets at the finish point.

Parking is opposite the Five Bells Pub.

CB25 0HD

sat nav

Ashley/Cheveley:

Level 3

Wednesday 15th June – 11.00am

Meeting point: In the Crown car park.

Walk: Ashley/Cheveley.

Distance approx: 4.2 miles

Walk information: A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy and slippery in some places. Roads to cross. Toilets and refreshments at the finish point. Parking in the Crown car park.

NB: The Crown is now offering a Walkers special menu

CB8 9DR

sat nav

Mildenhall: **New!**

Level 2

Thursday 23rd June – 11.00am

Meeting point: The Half Moon Pub.

Walk: Town and Woods.

Distance approx: 3 miles

New extended walk further into the woods.

Walk information: Some uneven ground which can be muddy and slippery due to leaves. Roads to cross

Refreshments and toilets

available at the end of the walk.

Parking in the Half Moon car park.

IP28 7HS

sat nav

We have added one more walk on page 8 overleaf...



Newmarket:

Level 2

Tuesday 28th June – 11.00am

Meeting point: Leisure Centre reception.

Walk: Town and around

CB8 0EA

sat nav

Distance approx: 2 miles

Walk information: Gentle gradient, can be uneven in places. Roads to cross.

Toilets/refreshments available at the start/finish point.

Parking is Free.

Don't forget If you would like to volunteer as a walk leader please contact:

Mick Smith on 07957 433096 email: micksmith@aol.com

or see us on facebook at Newmarket area Health Walks

activeforlife

Working with 'Active for Life', the exercise on referral scheme.

For more information go to: www.angcomleisure.com/exercise-referral-scheme

Newmarket Leisure Centre: 01638 782 500

