



Walking for Health in Ludlow

These free walks would appeal particularly to anyone who would like to improve their social life and general wellbeing. They are short walks: between 30 and 60 minutes generally, on flat surfaces with as few gradients as possible, and at a pace to suit you. All the walks finish up somewhere for a cup of tea.

To join a walk, just turn up – the walks are free, no booking is necessary and you don't need any special equipment, just comfortable shoes. Qualified walk leaders will lead the walk and make sure that nobody is getting left behind. The pace will be suitable for even the slowest walker, and we often have walkers with mobility aids on our shorter walks. Some walks are suitable for wheelchairs and pushchairs, but it is best to check first.

Many people enjoy this form of light exercise as a way to manage a particular health condition (eg. Type II Diabetes, high blood pressure), to help with the recovery from illness / operation or simply to meet new people. Of course, the fresh air and good company is also a great way to lift the spirits and can help you sleep better. More information about the benefits of walking can be found on the Walking for Health website www.wfh.naturalengland.org.uk.

Volunteering as a Walk Leader can be a highly enjoyable and rewarding experience. Training and support is provided. Please get in contact if you would like to find out more.

For more information about Walking for Health and the walks in your area, please contact Ian Pearmain at ian.walkingforhealth@gmail.com or on 01694 722077. Information is also available at www.wfh.naturalengland.org.uk and www.mayfaircentre.org.uk/Activities/WalkingForHealth.htm.

Walks in and around Ludlow

30 min	<p>Weekly on Monday, 12.30pm Meeting at Station Drive Surgery, Station Drive, SY8 2AB</p>
45 min	<p>Fortnightly on Fridays, 10.30am [8th Apr, 22nd Apr, 6th May, 20th May, 3rd June, 17th June, 1st July, 15th July, 29th July...] Meeting at Rockspring Community Centre, Sandford Road, SY8 1SX.</p>
60 min	<p>Fortnightly on Tuesdays, 1.45pm [12th Apr, 26th Apr, 10th May, 24th May, 7th June, 21st June, 5th July, 19th July...] Meeting at the Tourist Information Centre in Market Square, SY8 1AS.</p>
60 min	<p>Fortnightly on Thursday, 2pm [7th Apr, 21st Apr, 5th May, 19th May, 2nd June, 16th June, 30th June, 14th July, 28th July...] Meet at Ashford Carbonell Village Hall, SY8 4DB – call 01584 876819 for more info.</p>