

Weekly Health Walks

- Would you like to include a weekly walk as part of your physical activity?
- Do you enjoy walking outside and being part of a social group?
- If so then our walk programme may be of interest to you.

Walk	Day	TIME	Meeting Point	Contact
St.Pauls Cray	Monday	9.45am	Car Park at top of Cotmandene Crescent	Active Lifestyles 020 8323 1705
Beckenham Place Park	Tuesday	9.45am	Mansion House Car Park	
Bromley MIND	Thursday	11.00am	Stepping Stones Day Centre (clients only at present)	Active Lifestyles 020 8323 1705
Crystal Palace Park	Friday	9.45am	Outside Crystal Palace Information Centre	
Jubilee Park Petts Wood	Friday	1.40pm.	Oxhathw Crescent (Southborough Lane Surgery end)	

General Information About Walks

- Walks should take between 40-60 minutes and are between 2-3 miles
- Some have moderate inclines, other are more challenging according to ability.
- At this stage the routes are not totally wheelchair accessible.
- Walks involve some road and/or park walking and use of recognised footpaths through woodlands and fields. Some sections may be slightly muddy if wet.
- Walks will take place every week at the same time and will only be cancelled if external conditions mean that walking would be dangerous. If in doubt please telephone Active Lifestyles on 020 8323 1705