








































Walking for Health in Bromley

Our walks are led by qualified walk leaders and provide a friendly and sociable atmosphere in which to enjoy some of our beautiful open spaces. Suitable for all ages and abilities, walks take place every week except Bank Holidays or in cases of severe and dangerous weather. No need to book-just turn up at the meeting point.

Walk	Meeting Place	Description
St Paul's Cray	Monday 9.45am in car park at top of Cotmandene Crescent	<ul style="list-style-type: none"> In Scadbury Nature Reserve Approx 2.5 miles/1 hour    
Sundridge & Bromley North	Monday 10am outside Prince Frederick Pub, 31 Nichol Lane	<ul style="list-style-type: none"> Mainly flat terrain, approx 2 miles/1 hour     
Hayes	Monday 10am outside The George pub	<ul style="list-style-type: none"> Circular 2 mile/1 hour walk  
Beckenham Place Park	Tuesday 9.45am in Mansion House car park	<ul style="list-style-type: none"> Circular 30-90 minute walk      
High Elms Country Park	Tuesday 10am in BEECHE car park/cafe area	<ul style="list-style-type: none"> Approx 2 miles/1 hour    
Sundridge & Bromley North	Wednesday 9.30am outside Prince Frederick Pub, 31 Nichol Lane	<ul style="list-style-type: none"> Approx 3 miles Midway break at Chinbrook Meadow Pavilion   
Darrick & Newstead Woods & Tugmutton Common	Wednesday 2pm outside the Cricket Pavillion, Tugmutton Common	<ul style="list-style-type: none"> Approx 2.5 miles / 1 hour continuing through Darrick & Newstead Woods     
Crystal Palace Park	Friday 9.45am outside Crystal Palace Information Centre	<ul style="list-style-type: none"> Circular 1.5 mile/45-60 minute walk      
Jubilee Park Petts Wood	Friday 1.40pm Oxhawth Crescent (Southborough Lane Surgery end)	<ul style="list-style-type: none"> Through Jubilee Country Park Approx 2.5 miles/1 hour    

Contact Rob Drinkwater on 020 8323 1718

Want to become more involved in our walks or become a volunteer walk leader? Contact Bromley Mytime on 020 8232 1718 or visit www.bromleymytime.org.uk

 Toilets	 Refreshments	 May be muddy	 Some inclines	 Some declines
 Crossing	 Woods	 Following footpath	 Tarmac surfaces	 Accessible
				 Prams and pushchairs

Cotswold Outdoor Oprington offers a free boot fitting service by a qualified Customer Services Assistant