

# WHY WALK?

Why is walking the perfect activity for health?

- Almost **everyone** can do it.
  - You can do it **anywhere** and any time.
  - It's a chance to make new **friends**.
  - It's **free** and you don't need special equipment.
  - You can start **slowly** and build up gently.
- Make you feel **good**
  - Give you more **energy**
  - Reduce stress and help you **sleep** better
  - Keep your heart strong and reduce **blood pressure**
  - Help you manage your **weight**.

# WHAT NEXT?

Head to your nearest Health Walk and give it a go!  
You too can walk your way to health!

This service is delivered on behalf of Kent County Council by the NHS.

For more information:  
Health Walks Team  
Phone: 0300 123 1220  
Email: [kcht.healthwalks@nhs.net](mailto:kcht.healthwalks@nhs.net)  
[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

OYK-52

# GET WALKING

with  
**Ashford District**  
Health Walks

# ONE YOU KENT



# ASHFORD DISTRICT

## Tenterden Walk and Talk

3

**Day:** Tuesdays  
**Date:** Ongoing  
**Location:** St Andrew's Catholic Church, 47 Ashford Road, Tenterden, TN30 6LL.  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 90 mins  
**Contact:** Janet 01580 762526.  
Dogs on leads welcome.

## Wittersham Walkers

2

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** St John the Baptist Church, Wittersham, TN30 7EA.  
**Time:** 10am for 10.15am start  
**Length:** Approx 60 to 90 mins  
**Contact:** Yvonne 07944 183798.

## Ashford Area Country Walks



**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Location varies, contact Stevie for details.  
**Time:** 9.45am for 10am start  
**Length:** Approx 90 to 120 mins  
**Contact:** Stevie 07821 009854.  
Various village locations in Ashford area.

## Tenterden Umbrella Club

1

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Meet in the foyer of Tenterden Leisure Centre, Recreation Ground Road, TN30 6RA  
**Time:** 11.15am for 11.30am start  
**Length:** Approx 30 mins  
**Contact:** Chris 01580 241 936.  
A gentle stroll suitable for beginners.

### Walk Grades

- 1 Gentle stroll, shorter distance
- 3 Faster pace, longer distance or rough ground

- 2 Brisk walk, slightly further distance
- 3 90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.

## Tenterden Trekkers

2

**Day:** Fridays  
**Date:** Ongoing  
**Location:** Highbury Hall, Tenterden, TN30 6BB  
**Time:** 10am for 10.15am start  
**Length:** Approx 60 mins  
**Contact:** 0300 123 1220.

## Shadoxhurst walking for workers Saturday group

3



**Day:** First Saturday of month  
**Location:** Village hall car park, Tally Ho Road, Shadoxhurst, Ashford, TN26 1HW  
**Time:** 9.45am for 10am start  
**Length:** Approx 90 to 120 mins  
**Contact:** Jim 07788 245022.  
Chris 07980 391731  
David 07984 177390

## Charing Surgery

2

3

**Day:** Mondays  
**Time:** 9.45am for 10am start  
**Length:** Approx 60 to 90 mins  
Easy pace but a bit quicker than beginners. Some stiles and hills. Two walk options available.

**Day:** Tuesdays  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 30 to 45 mins (around 1 mile)  
**Beginners:** Not too far or too fast. No hills or stiles. Great for new starters or those who walk with a stick.

**Day:** Thursdays  
**Time:** 2.15pm for 2.30pm start  
**Length:** Approx 120 mins plus (around 5 miles)  
**Harder walks:** Incorporates footpaths, hills and stiles.  
**Contact:** 0300 123 1220.



Please note the grade symbols are meant as a guide only. All walks may vary slightly. Please ring the contact details for each walk for more information or future dates.

