

Warwick District Walks, Walking for Health Scheme

(Version up to date as at 01.12.11)

Day	Time	Name of Group	Venue	Frequency of Walk	Contact
Monday	1.30pm	South Warwickshire: Ageing Well, Age UK Warwickshire	The Chain, 89 Crown Way, Lilington, Leamington Spa	Fortnightly	Age UK Warwickshire on 07825 187124
Tuesday	1.30pm	South Warwickshire: Ageing Well, Age UK Warwickshire	Packmores Centre, Sussex Court, Warwick	Weekly	Age UK Warwickshire on 07825 187124
Wednesday	10.30am	Warwick: Ways to Walk	St Nicholas Park Cafe, Banbury Road, Warwick	1 st and 3 rd Wednesday of every month	Ellen Hutt, Walk Leader on 01926 492760
Wednesday	2pm	Brunswick HLC Walk for Health	98-100 Shrubland Street, Leamington Spa	Weekly	Wayne Edmunds, Volunteer Co-ordinator on 01926 422123
Thursday	10.30am	South Warwickshire: Ageing Well, Age UK Warwickshire	Castle Farm Recreation Centre, Kenilworth	Weekly (1 st Thursday of every month goes from Crackley Woods)	Age UK Warwickshire on 07825 187124
Thursday	1.30pm	Brunswick HLC Walk for Health	98-100 Shrubland Street, Leamington Spa	Weekly	Wayne Edmunds, Volunteer Co-ordinator on 01926 422123
Friday	2.30pm	South Warwickshire: Ageing Well, Age UK Warwickshire	Jephson Gardens, Leamington Spa	Weekly	Age UK Warwickshire on 07825 187124
Saturday	10am	Brunswick HLC Walk for Health	98-100 Shrubland Street, Leamington Spa	Monthly	Wayne Edmunds, Volunteer Co-ordinator on 01926 422123
Sunday	11am	Whitnash Walks	Heathcote Inn, Whitnash	Weekly	Guy Rippon, Walk Co-ordinator at whitnash.walks@gmail.com
Sunday	2pm	Sydenham Strollers	St Mary's Church Centre, St Mary's Road, Leamington	Weekly	Sue Oldham, Support Worker on 07811823900

For further details on these walks and walks in other areas as part of the Walking for Health scheme, please refer to www.wfh.naturalengland.org.uk/walkfinder