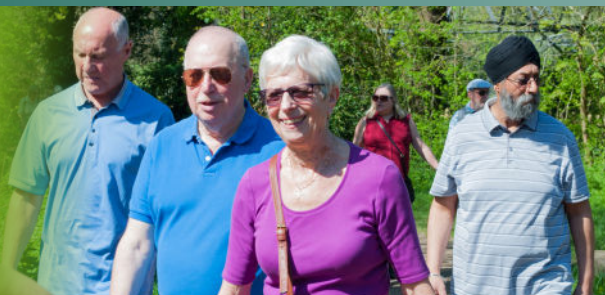


WALKING FOR HEALTH

020 8708 0951

Enjoy the changing season on one of our organised walks

Why not join us on one of our free walks which take place in parks and open spaces across Redbridge? No booking required, just turn up and enjoy the company!



Mondays 11am

7 October Valentines Park
14 October Goodmayes Park
21 October Seven Kings Park
28 October Clayhall Park
4 November Fairlop Waters
11 November South Park
18 November Valentines Park
25 November Fairlop Waters
2 December Clayhall Park
9 December Seven Kings Park
16 December Valentines Park
6 January South Park

Wednesdays 11am

11 September Claybury Woods
 Starts back in April 2020

Thursdays 11am

3 October Fairlop Waters
10 October Hainault Forest Country Park
17 October Wanstead Park
24 October Fairlop Waters
31 October Hainault Forest Country Park
7 November Wanstead Park
14 November Fairlop Waters
21 November Wanstead Park
28 November Hainault Forest Country Park
5 December Valentines Park
12 December Wanstead Park
19 December Fairlop Waters
 (Christmas Walk & Refreshments)
2 January Hainault Forest Country Park
9 January Fairlop Waters

Saturdays 10.30am

Every Saturday from
 Wanstead Place
 Surgery

Guide to Grades

1 = Easy, flat walk at gentle pace on hard surfaces
 2 = Steady pace, some gentle slopes and uneven terrain
 3 = Steady to faster pace, some hills and uneven terrain

** All these walks are accessible for wheelchair users*

Meeting points and grades for walks

Park	Meeting Point	Approximate Time	Grade
Claybury Woods	Entrance opposite Wannock Gardens, Tomswood Hill	60 minutes	3
Clayhall Park*	Tennis Courts inside park Longwood Gardens	20-45 minutes	1/2
Fairlop Waters*	Main entrance of Pavilion	20-45 minutes	1/2
Goodmayes Park*	Entrance at Aberdour Road/Abbotsford Road	20-45 minutes	1/2
Hainault Forest Country Park	Car park adjacent to Global Café	60 minutes	3
Seven Kings Park*	Bandstand (Aldborough Road South entrance)	20-45 minutes	1/2
South Park*	Car park adjacent to tennis courts	20-45 minutes	1/2
Valentines Park*	Outside Valentines Park café	45 minutes	1/2
Wanstead Park	Thursday: Park entrance, Warren Road	60 minutes	2
Wanstead	Saturday: Entrance off Wanstead Place Surgery	60 minutes	2

