

Walking in Theale and Calcot

2024



West Berkshire
C O U N C I L

Five Ways to Wellbeing

There are lots of free and meaningful things that we can all do every day that will improve our mental health and wellbeing.

We want to encourage you, your community and local organisations in West Berkshire to adopt the Five Ways to Wellbeing. Explore this map for tips on how you can do this:

- 1 Connect
- 2 Keep learning
- 3 Be active
- 4 Give to others
- 5 Take notice

Why not commit to achieving your 'five a day' and improve your mental health and wellbeing? There are lots of ways you can do this in Berkshire [here](#).



1. Connect

Wellbeing Walks

We offer free, regular, led [Wellbeing Walks](#) for people of all abilities. Our walks are friendly, welcoming and empowering and they are a great opportunity to explore the outdoors, discover new places and meet new people.

Our walk leaders are trained volunteers who are on hand to provide encouragement and support to walkers of all abilities.

The walks are free and easy, ranging from 30 to 90 minutes. Some walks stop for coffee afterwards in a nearby cafe; a good opportunity to socialise and relax after the walk.



2. Keep Learning

The word Theale derives from the Saxon word meaning 'plank', referring to the plank bridge over River Kennet and plank-built hall. Theale was famous for its coaching inn's where even highwayman Dick Turpin is said to have hidden out many times in a secret room in the Old Lambe Inn.

Calcot

Calcot's charming suburb is surrounded by Beansheaf Farm and Fords Farm housing estates, Calcot Park country house golf course and a former watermill that was owned by the monks of Reading Abbey.

Holy Trinity Church, Theale

Consecrated in 1832 and modelled on Salisbury Cathedral, the Holy Trinity Church, Theale, is a grade 1 listed building in the heart of Theale. It was once sketched by the artist, John Constable.

Holybrook Linear Park, Calcot

Linear Park is an important green space for many residents in Calcot, made up of woodland, a river basin, meadow grassland, play areas, sports pitches, a basketball court and changing rooms. Linear Park is a [Green Flag Award](#) winner and has an active Friends of [Linear Park group](#).

Garston Lock

Sitting on the Kennet & Avon Canal, Garston Lock is one of two remaining turf sided locks built by engineer, John Hore. The other being Monkey Marsh at Thatcham. Both are scheduled ancient monuments.

You can also visit You can also visit [Theale Library](#) and [Newbury Library](#) to access more learning resources about West Berkshire, or [West Berkshire Museum](#) to uncover more amazing moments in history.



3. Be Active

Run Together

If you're new to running, or just out of practice, there are a number of free running groups especially for beginners in West Berkshire to help you get off on the right foot. These are organised in partnership with [Run Together](#).

The weekly sessions are fun, friendly, and free of charge, taking place in parklands and open spaces. They're suitable for complete beginners or those who've been inactive for a while - you just need to wear some comfortable clothing and trainers to join in.



4. Give to others

There are so many opportunities in Theale and Calcot to give to others, which as one of the Five Ways to Wellbeing has been proven to create feelings of happiness. This can be volunteering like the walk leaders of our [wellbeing walks](#) who arrange and run their own regular walk. Or backstops and mid markers who help manage the groups when they grow as keeping a team of 20 walkers together at all different paces can be a challenge.

With various roles across Berkshire available, you may like to consider volunteering yourself. Explore the opportunities we have available on our [website](#), from library assistants to community IT support.

The wellbeing walks community often become good friends and build their own network of support and encouragement which also helps people with staying connected. By using the beautiful pathways of West Berkshire we protect them and they are secure for future generations.

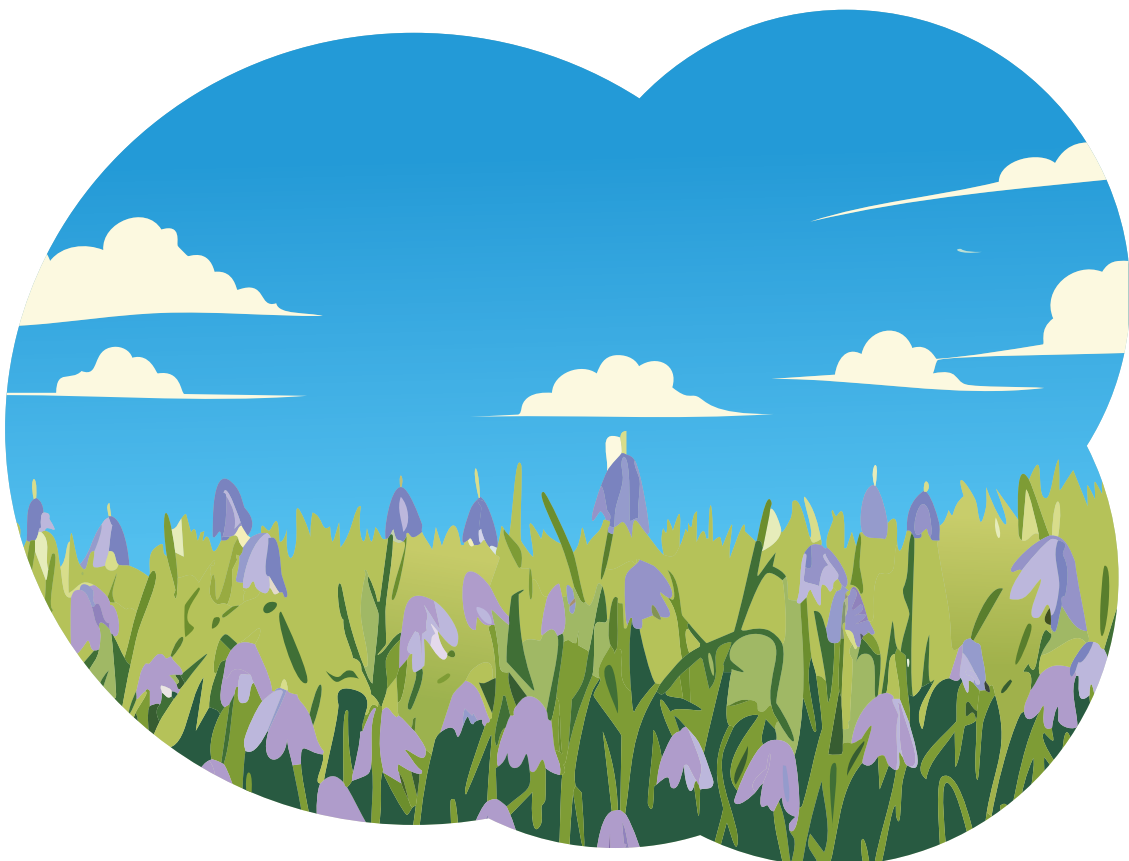
Remember your day forever - capture yourself or your group on your walking route with a photo near your favourite view or rest stop! We love to see your photos on our [Instagram page](#). Tag us [@westberkshire](#).

5. Take notice

It can be hard to turn away from our busy lives and pause, and enjoy the moment we are in. There are places in Theale and Calcot where you can practice this such as Linear park, Hosehill Lake and walking along the local bluebell fields in Moor Copse Nature Reserve.

Walking is such a good way to get close to nature. Theale and Calcot are near the river where you can enjoy the sound of rushing water and the sights of dragonflies and ducks, the slow movement of a canal barge and the shapes it makes in the water.

Focusing on details helps us to access a sense of calm through taking notice.



Walking in Theale and Calcot

Walk to improve your health, your mind and your environment. Here are a few places in Theale and Calcot you can walk to visit.

- 1 Garston Lock
- 2 Holy Trinity Church, Theale
- 3 Moor Copse Nature Reserve
- 4 Holybrook Linear Park, Calcot
- 5 Wilder's Folly
- 6 Calcot Mill



Accessible Walking

West Berkshire Council is committed to enabling and improving access for all. This map may be available in other formats upon request to the Council on publichealthandwellbeing@westberks.gov.uk.

For further information about access for people with disabilities, email info@westberks.gov.uk or visit www.westberks.gov.uk.

Disclaimer

Care should be taken on all routes. The Highway Code and the usual rules of road safety should be observed.

Extreme caution is advised when near water and railway lines, especially with young children.

Whilst we try to ensure the accuracy of all routes, we do not accept liability for any use made of them by you.

The routes are intended as a guide only, neither the Council nor any officer or agent of the Council will be legally responsible for any inaccuracies.

Routes and paths shown on the map are not necessarily rights of way. Some routes may only be open during business hours of the premises they serve.

Contact

If you would like more information on the walking routes in Berkshire or would like to get in touch, please contact us at

West Berkshire Council

01635 551 111

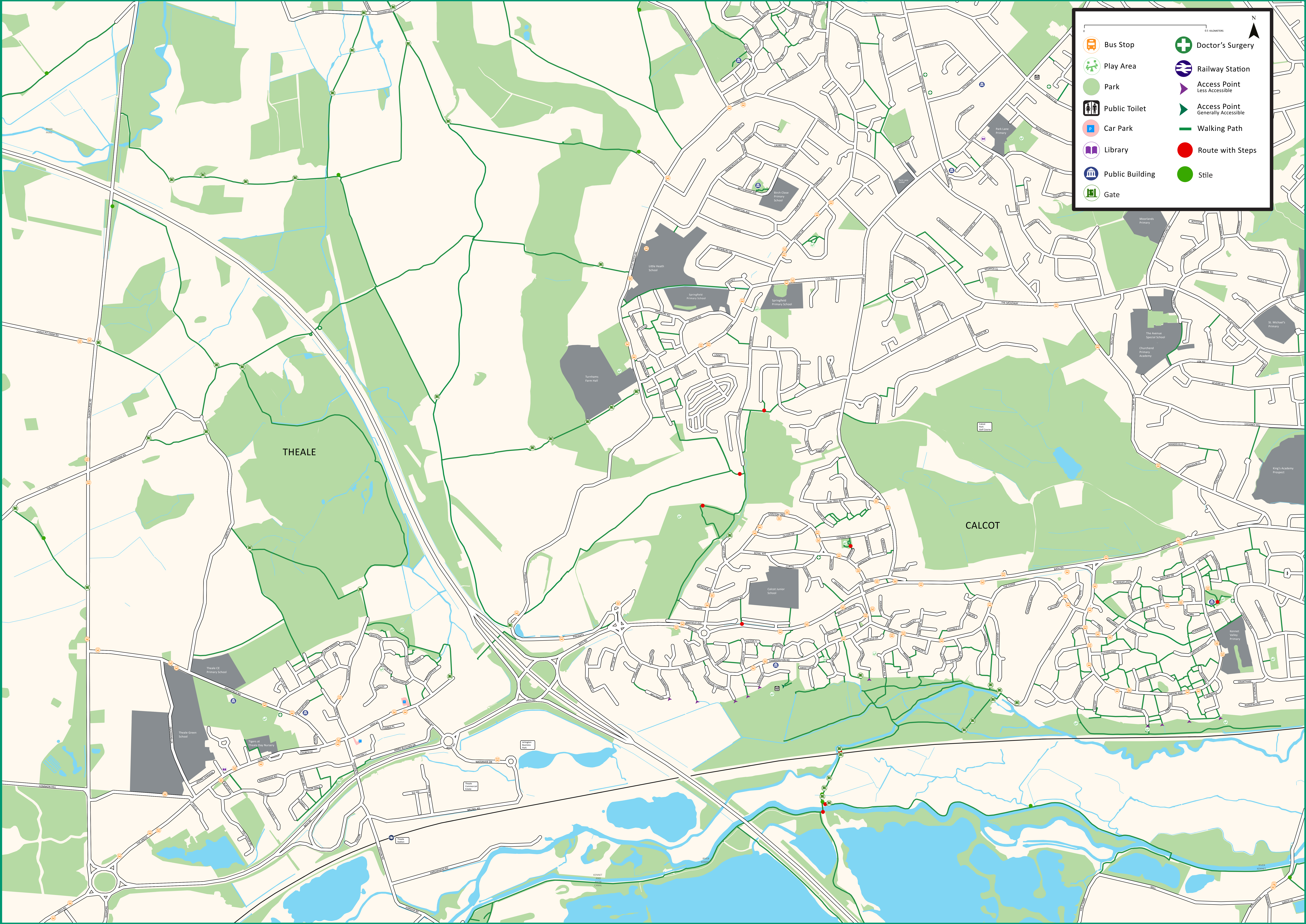
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	Bus Stop		Doctor's Surgery
	Play Area		Railway Station
	Park		Access Point Less Accessible
	Public Toilet		Access Point Generally Accessible
	Car Park		Walking Path
	Library		Route with Steps
	Public Building		Stile
	Gate		

THEALE

CALCOT

0.5 KILOMETRES

