

Join a walk today

just turn up and join in!

West Berkshire

Wellbeing Walks

 RAMBLERS

**WELLBEING  
WALKS**

West Berkshire

## Monday

	10 - 11am	Hungerford Common – (Hungerford Rugby Club car park)	00
	11am - 12pm	Stroud Green, Newbury (Opp. The Plough Pub)	00
(1st & 3rd of month)	10.30 - 11.15am	Beansheaf Community Centre Calcot	00
(4th of month)	10:30am - 12pm	Englefield Estate Walk (Recreation Ground, Englefield Road, Theale)	00

## Tuesday

	9.30 - 11.30am	Mortimer Long (The Community Centre Car Park, The Street)	000
	10 - 11.30am	Mortimer Regular (The Community Centre Car Park, The Street, Mortimer)	00
	10.30 - 11.30am	Mortimer Short (The Community Centre Car Park, The Street, Mortimer)	00
(1st, 3rd & 5th)	10 - 11am	Kintbury (Coronation Hall, Kintbury)	00
(2nd & 4th of the month)	10 - 11am	Inkpen (Crown and Garter Inn)	00
	11am - 12pm	Northcroft Leisure Centre, Newbury (car park)	00
	10:30 - 11am	Burdwood Surgery, Thatcham (Car Park)	00

## Wednesday

10 - 11am	Hosehill Lake, Theale (Fox & Hounds car park)	00
10:30am	Wednesday Newbury library (in front of the library)	00

## Thursday

(1st of month)	10:45 - 11:45am	Pineapple Café, Rowan Drive, Newbury	00
(2nd, 3rd, 4th & 5th)	10:45 - 11:45am	Watermill Theatre (Overflow car park, Watermill Theatre Bagnor)	00

## Friday

(1st of month)	10 - 11.30am	Greenham Common (Control Tower car park)	00
(2nd of month)	10 - 11am	Nature Discovery Centre, Muddy Lane, Lower Way, Thatcham	000
(3rd of month)	10 - 11am	Snelsmore Common, Newbury (Rangers Office)	000
(4th of month)	10 - 11am	Northcroft Leisure Centre, Newbury (car park)	000
(5th of month)	10 - 11am	Nature Discovery Centre, Muddy Lane, Lower Way,	000



Suitable for beginners



Everybody welcome to walk at their own pace.  
No stiles options available



Brisk walks, for regular walkers

Walks run weekly unless otherwise stated.

For further information on Wellbeing Walks in West Berkshire  
please contact Public Health on 01635 503437

[walking@westberks.gov.uk](mailto:walking@westberks.gov.uk)

or visit [info.westberks.gov.uk/wellbeingwalks](http://info.westberks.gov.uk/wellbeingwalks)

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West Berkshire  
COUNCIL