

Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 14 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Ramblers Walking for Health has something for everyone.



### Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

### How you can get involved

Walk & Talk Plymouth is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is turn up at the meeting point or by contacting the scheme Co-ordinator on the telephone number or email address below to find out where the next walk meets. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net) or call the Wellbeing Team on 01752437177

Visit [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk) or [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Find us on Facebook – [One You Plymouth](#)

# Walk & Talk Plymouth

## Regular walks programme



For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)

Supported through funding from players of People's Postcode Lottery and Macmillan

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)



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## Regular Health Walks

Suitable for people who have not walked much recently, and are looking to be more active or are returning from illness or injury.

### St Judes Walk, Talk & Tea

Every Tuesday – 10:30am

Up to 30 mins (Grade 1) or 60 mins (Grade 2)

**Meeting Point:** St. Judes Church car park, on the corner of Beaumont Road/Tothill Avenue, PL4 9BJ. A short walk around Beaumont Park, with the longer option taking in the surrounding area.

Contact –  
[lizhardinge@btinternet.com](mailto:lizhardinge@btinternet.com)  
or [bampshadden@gmail.com](mailto:bampshadden@gmail.com)  
for more info

### Victoria Park & Stonehouse Creek

Every 2nd Wednesday of the month

10:30am

Up to 30 mins (Grade 1) or 60 mins (Grade 2)

**Meeting point:** Meet by the café at the centre of the park, PL1 5LZ. Short walk around the park, with the longer option taking in Stonehouse creek.

### Central Park

Every 4th Wednesday of the month

10:30am

Up to 30 mins (Grade 1) or 60 mins (Grade 2)

**Meeting point:** Meet outside the main entrance to the Life Centre, PL2 3DG. Short option in relatively flat, longer option has some longer inclines.

### Eldertree Walk, Talk & Tea

Every Thursday – 11am

Up to 60 mins (Grade 2)

**Meeting Point:** William Sutton Hall, Shelley Way, St Budeaux,

PL5 1QF. Contact Donovan on 07890257621 or

[dhenn@colebrooksw.org](mailto:dhenn@colebrooksw.org)

### Estover & Plymbridge

Fortnightly on Friday's (From 6<sup>th</sup> July) – 11am

90 mins (Grade 3)

**Meeting Point:** Main entrance to Asda Superstore, Leypark Drive, PL6 8TB. This walk has some long inclines and rough terrain in places.

### Woodland Wood

Fortnightly on Friday's (From 13th July) – 11am

60 mins (Grade 2)

**Meeting point:** Meet at porkies café, Whitleigh Green Shopping Centre, Budshead Road, PL5 4DE.

**Please dress appropriate for the weather forecast. Sturdy footwear/boots recommended for all walks. It's also a good idea to bring a bottle of water.**

Walks are organised in partnership with Plymouth City Council's Plymotion team, Sports Development team, St Judes Church community hub, Eldertree, Colebrook, and Opportunity Knocks - Timebank. Thanks also go to our fantastic volunteer walk leaders.