

Getting active can be difficult, but we're here to help. With the Feel Good Walks, 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, From reducing stress, to losing weight, to sharing laughs, the Feel Good Walks have something for everyone.



Why walk?

Walking is truly accessible - almost everyone can do it anywhere and 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

How you can get involved

Our Feel Good Walks are suitable for anyone to join and are FREE. They provide a great way for people to get out and about, meet new people and explore some of the beautiful green spaces Waltham Forest has to offer.

Walking is a great way to explore the borough, a great way to keep active, stay healthy and it's good for physical and mental wellbeing too.

So come along and join us on our Feel Good Walks. Just turn up on the day, there's no need to book in advance.

If you would like to start a walking group for neighbours and friends, or support an existing walk as a Walk Leader please get in touch. We provide full training and support for the role and we are looking for more Walk Leaders to join the team.

For more information about walks in Waltham Forest, please contact the Feel Good Walks Team - Feel.Good@walthamforest.gov.uk

WALTHAM FOREST

FEEL GOOD WALKS

2024 PROGRAMME
OCTOBER - DECEMBER



MONDAYS NO WALKS ON BANK HOLIDAYS

Friday Hill, Chingford

Every Monday 11am - 12pm - Steady Pace

Meet outside The Chingdale Centre, 19 Chingdale Road, E4 6HZ

Bury Road, Chingford

Every Monday 10:30am - 11am - Gentle Stroll

Meet outside Bury Road Car Park, E4 6AR

TUESDAYS

North Chingford

Every Tuesday 11am - 12.30pm - Steady Pace

Meet outside Bury Road Car Park, E4 6AR

Leyton - Gentle Stroll

Every Tuesday 11am - 12pm - Gentle Stroll

Meet at Leyton Sports Ground, E10 6PY

St James Street - Walthamstow

Every Tuesday 11am - 12pm - Steady Pace

Meet outside St James Street Station, E17 7PJ

Leytonstone

Every Tuesday 10:30am - 12pm - Steady Pace

Meet at the Pastures Centre, 15 Davies Lane, E11 3DR

Leyton

Every other Tuesday 11am - 12:30pm* - Steady Pace

Meet at KukooLaLa Cafe, Leyton Jubilee Park, E10 7BL

WEDNESDAYS

Leyton

Every Wednesday 11am – 12.30pm - Steady Pace

Meet at KukooLaLa Cafe, Leyton Jubilee Park, E10 7BL

Langthorne Park - Leyton Orient Trust

Every Wednesday 11am – 11:45am - Steady Pace

Meet at Langthorne Park, High Rd Leytonstone entrance, E11 4JT

Walthamstow Village Walk

Every Wednesday 2pm - 3pm - Steady Pace

Meet at Waltham Forest Community Hub, 18a Orford Road, E17 9LN

THURSDAYS

Leytonstone

Every Thursday 11am – 12.30pm - Steady Pace

Meet at Lakeside Diner, Hollow Ponds, E11 1NP

Bury Road, Chingford

Every Thursday 10am - 11am - Brisk Pace

Meet outside Bury Road Car Park, E4 6AR

Coronation Gardens - Leyton Orient Trust

Every Thursday 11am - 11:45am - Steady Pace

Meet at Coronation Gardens, Leyton High Road Entrance, E10 5HG

Wood Street, Walthamstow

Every Thursday 11am - 11:45am - Steady Pace

Meet outside Wood Street Overground Station, Wood Street, E17 3LX

FRIDAYS

Highams Park

Every Friday 11am – 12.30pm - Steady Pace

Meet at Humphrys Cafe, The Highams Park, IG8 9RF

Nordic Walking - Leytonstone

Every Friday 10am - 11:30am - Registration required before attending*

Meet at Leytonstone station (Church Lane side), E11 1HE

SATURDAYS

Womens Only - Coronation Gardens - Leyton Orient Trust

Every Saturday 8:30am - 09:15am - Steady Pace

Meet at Coronation Gardens, Leyton High Road Entrance, E10 5HG

Womens Only - Steps and Checks - Leyton

Every Saturday 9am - 11am - Steady Pace

Meet at KukooLaLa Cafe, Leyton Jubilee Park, E10 7BL

*For more information please email feel.good@walthamforest.gov.uk