

# ABOUT OUR WALKS

All walks are free and lead by trained local volunteer walk leaders who can help cater for all abilities, whether you walk for 10 minutes or over an hour.



If you are new to the walk there is no need to book, just arrive 15 minutes before the start of the walk. No special equipment is needed, just suitable shoes and clothing for the weather.



You will be asked to fill out a simple health questionnaire prior to your first walk and you can then join in with any of the walks during the week.

# OUR WALKS



## Bedworth Leisure Centre Walk:

**Day:** Mondays **Time:** 10:30am

**Meeting Location:** Outside Bedworth Leisure Centre Entrance, Bedworth

## Pingles Track Walk:

**Day:** Mondays **Time:** 3pm & 5pm

**Meeting Location:** Pingles Athletics Stadium, Nuneaton

*(suitable for disabilities and rehab walking)*

## Riversley Park Walk:

**Day:** Tuesdays **Time:** 10:30am

**Meeting Location:** Outside Nuneaton Museum Entrance

## Pingles Canal Evening Walk:

**Day:** Tuesdays **Time:** 7pm

**Meeting Location:** Entrance to the Pingles Car Park (next to Egos restaurant), Nuneaton

## Bedworth Minors Welfare Park Walk:

**Day:** Wednesdays **Time:** 10:30am

**Meeting Location:** The Mayors Cafe, Bedworth Miners Welfare Park

## Pingles Track Mid-Afternoon Walk:

**Day:** Thursdays **Time:** 3pm

**Meeting Location:** Pingles Athletics Stadium, Nuneaton

*(suitable for disabilities and rehab walking)*

# 5 REASONS TO START

1. Walks are over easy terrain and at a steady pace to suit everyone
2. Mobility limitations aren't an issue, routes are accessible\*
3. Fitting in a wellbeing walk is achievable: walks are short and never longer than 90 minutes



4. There's at least one planned short walk a week, starting at the same time and place every week
5. all walks are local, and accessible on foot or by public transport

## WHY WALK?

Better wellbeing is just a step away. There's no need to plan your route, find a walking buddy or the motivation. Just pull on your shoes and we'll do the rest.

Tempted? It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster! And the great news is we don't need to walk far or fast to feel its effects on our health and wellbeing.



## WHAT WALKING CAN DO FOR YOU

- Give you more energy
- Help you sleep better
- Reduce stress levels
- Keep your heart strong
- Help manage weight
- Reduce blood pressure
- Help to strengthen bones
- Be a great way to spend time and meet with friends and family

## CONTACT US

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Scan the QR Code to Sign up to Ramblers Wellbeing walks today

## COULD YOU BE A VOLUNTEER WALK LEADER?

If you like walking and would like to help others do the same, then you could become one of our volunteer walk leaders. So why not get in touch!

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WALKS**

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