



LEN VALLEY HEALTH WALKS

Why walk?

Walking is good for both your
physical and mental health
To keep your heart, lungs, bones
and muscles strong
To maintain a healthy weight
To be more energetic
To reduce stress and depression
To meet new people
To enhance your sense of
wellbeing

Plus, it's free!

Our walks are on
Wednesday
afternoons,
and Thursday and
Saturday mornings.
We have walks for
all abilities.

Walking is an
easy, gentle way
to get active and
stay active - and
it's never too late
to begin!

Come and join our friendly
sociable group and enjoy the
beautiful countryside we are so
lucky to have on our doorstep.

To join us,
or for more details
please contact the
group co-ordinator:
Jan Enever on 01622
851623 or email:
Jenever@btinternet.com



LEN VALLEY HEALTH WALKS

Started in June 2013, we are a voluntary run group with trained walk leaders.

We walk three days a week, Wednesday afternoon, Thursday morning and Saturday morning.

The Lenham Stroll on Wednesday afternoons is aimed at those who have difficulty walking due to recent operations, other health problems or age. We walk in and around the village at a speed suited to everyone. We finish at the village tearooms for tea and a chat.

Thursday morning walks start from in and around the Len Valley. There is a medium walk of approximately 2 - 2½ miles at a moderate pace and a longer walk of approximately 3½ miles at a faster pace.

Saturday morning walks start from different venues and are 3½ - 4 miles long and at a faster pace.

Jan Enever
Group
Organiser

March 2025