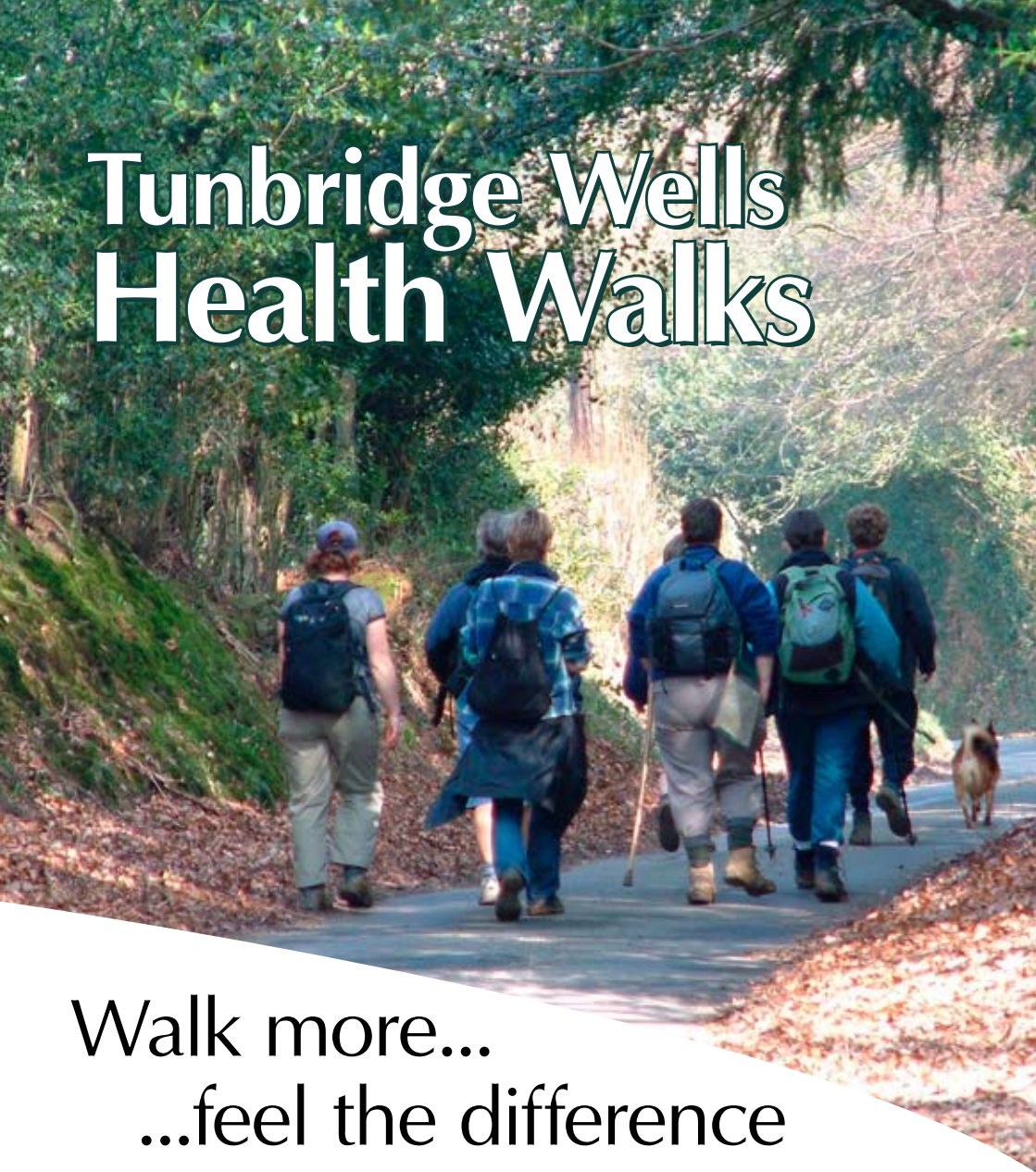


Tunbridge Wells Health Walks



Walk more...
...feel the difference



West Kent
Primary Care Trust



Walking is a great way to be active. You don't need to pay an expensive membership fee, you can do it every day of the year and you can take it at your own pace – I should know, as I am a regular walker. Not only do I get some easy exercise for my body, but I find that walking gives me the opportunity to de-stress and relax, so it helps my mind too!

But I also appreciate that it is sometimes difficult to get started, and that's where these walks come in – they are specifically aimed at those people who want to become more active.

The Borough Council has put together some ideas of where you can do a circular walk - either on your own, with family or with friends at a time to suit you, or with a guided group. From the maps you will be able to see how far you have walked and get some guidelines as to how to walk comfortably and safely.

If you enjoy walking, you can even volunteer to lead walks.

There is something for everyone and its right on your doorstep – so get walking!

Councillor Catherine Mayhew
Deputy Leader of the Council
Portfolio Holder for Housing and Community Access

Tunbridge Wells Borough Council (TWBC) has prepared an educational booklet for distribution to members of the public providing information containing maps and routes to undertake a circular walk and may provide qualified leaders to undertake walks but disclaims all warranties, express or implied, as to the accuracy of the information contained in any of the material and the skills of the qualified leaders. This includes: (1) any implied warranties of merchantability and fitness for a particular purpose. (2) Any liability whatsoever for any direct or indirect damage to any person or personal effects resulting from the information or the lack of information contained in the leaflet and the undertaking a walk whether individually or with qualified leaders. (3) Any errors, omissions, or inaccuracies in the information. (4) Any decision made or action taken or not taken in reliance upon the information. TWBC shall not be liable for any losses or damages (including without limitation consequential loss or damage) whatsoever from individuals or groups undertaking walks advertised within the leaflet. These disclaimers and exclusions shall be governed by and construed in accordance with the laws of England and Wales under the exclusive jurisdiction of the courts of England and Wales. The rights in the designs, pictures, logos, photographs and content of this leaflet are owned by or licensed to TWBC. They are protected by copyright, trademarks and other intellectual property rights. You may not copy, reproduce, modify, distribute, republish, display, post or transmit any part of this leaflet without the written permission of TWBC. You may view or print individual pages only for your own personal use. The leaflet also provides information and content of other organisations. Because TWBC has no control over these organisations, you acknowledge and agree that TWBC is not responsible in any way whatsoever for these organisations. Data protection and privacy - Any details which you provide to TWBC from which we can identify you, are held and processed in accordance with our privacy policy.

What is a health walk?

A health walk is a short walk that aims to improve your health. Walking is the perfect activity because:

- Almost everyone can do it.
- You can do it anywhere, any time.
- You can meet new people.
- You can do it at your own pace.
- It's FREE!



Who can go?

The walks are open to anyone. It doesn't matter if you ran a marathon last week or haven't walked for 20 years – all are welcome. Qualified leaders lead the walks, with one at the front and one at the back. Walkers can walk at their own pace, so there is no pressure to keep up with the people at the front. Where possible we have located the walks near to public transport links and tried to put the led walks on at times when people are available.

Why walk?

Walking is ideal exercise for everyone, especially if you haven't done any activity for a while. Walking is a good activity because it:

- Makes you feel good.
- Gives you more energy.
- Reduces stress.
- Helps you sleep better.
- Keeps your heart strong.
- Reduces blood pressure.
- Helps with weight management.

What do I need to bring?

Not very much! Walkers need to wear a good pair of shoes that are comfortable, provide good support and don't cause blisters.

Clothing needs to allow you to move freely, avoid tight fitting clothes. Lots of thin layers are always better than a few thick ones. Remember to check the weather forecast to see if you need a sun hat and cream, or gloves and an umbrella! A bottle of water is always advisable too.

Walking alone

If you cannot walk with a friend, or attend the walking groups then why not walk alone? All the routes are mapped out in this leaflet with easy to follow instructions. We've included information on who the walk is suitable for, parking and public transport and facilities and refreshments that are available along the route, so you'll know exactly where you're going, and what to expect along the way!

Remember to tell someone where you are going, when to expect you back and if walking at night, make sure that you can be seen.

Keeping motivated

Here are five tips to keep you walking:

- 1** Regularly walk with a friend – you can motivate each other when it gets hard.
- 2** Leave your walking shoes somewhere you will see them. They will remind you if you haven't worn them and its time for a walk.
- 3** Try to build walking into your daily life. Walk to the shops to buy the paper, park further from the office, or get off the bus one stop early.
- 4** If you are feeling really down, take a look at how far you have come. Is it easier to climb the stairs now? Are you sleeping better? Do you have more energy?
- 5** Join a walking group, they will provide you with support and are an excellent way to see new places and meet new people.

Walking Plan

The Beginning... Weeks 1 & 2

Try to start walking more often. Walk short journeys rather than take the car, get off the bus one stop early, or walk to the shops and take the bus home. Start walking for around ten minutes a day on three days of the week.

Weeks 3 & 4

Begin to build up the amount of time you are walking. Try and walk for 15 minutes twice a day on four days of the week by the end of week 4.

You should begin to feel better in yourself after four weeks, you should be sleeping better, have more energy and find walking short distances less of a challenge.

Picking Up the Pace... Weeks 5 & 6

Continue with the length of time you have been walking, but begin to pick the pace up. Walking briskly will make you short of breath quicker, also try to find a route with some gradual hills.

Weeks 7 & 8

Great work, you should now be walking for 15 minutes, twice a day on four days a week at a brisk pace. Well done! Try now to increase the number of days you walk on up to five days. If possible try and extend one or two walks a week to 20–30 minutes.

Weeks 9 & 10

Now try to walk for at least 15 minutes twice a day for five days a week. Add in as many 30 minute brisk walks as you can.

Keeping it going...

Excellent work, keep up with the walking you're doing now and you will walk your way to better health. Keep challenging yourself by finding new routes with more inclines, or walking more briskly. Remember a brisk pace is doing one mile in 15–17 minutes, anything less is a stroll!

Walking Pace

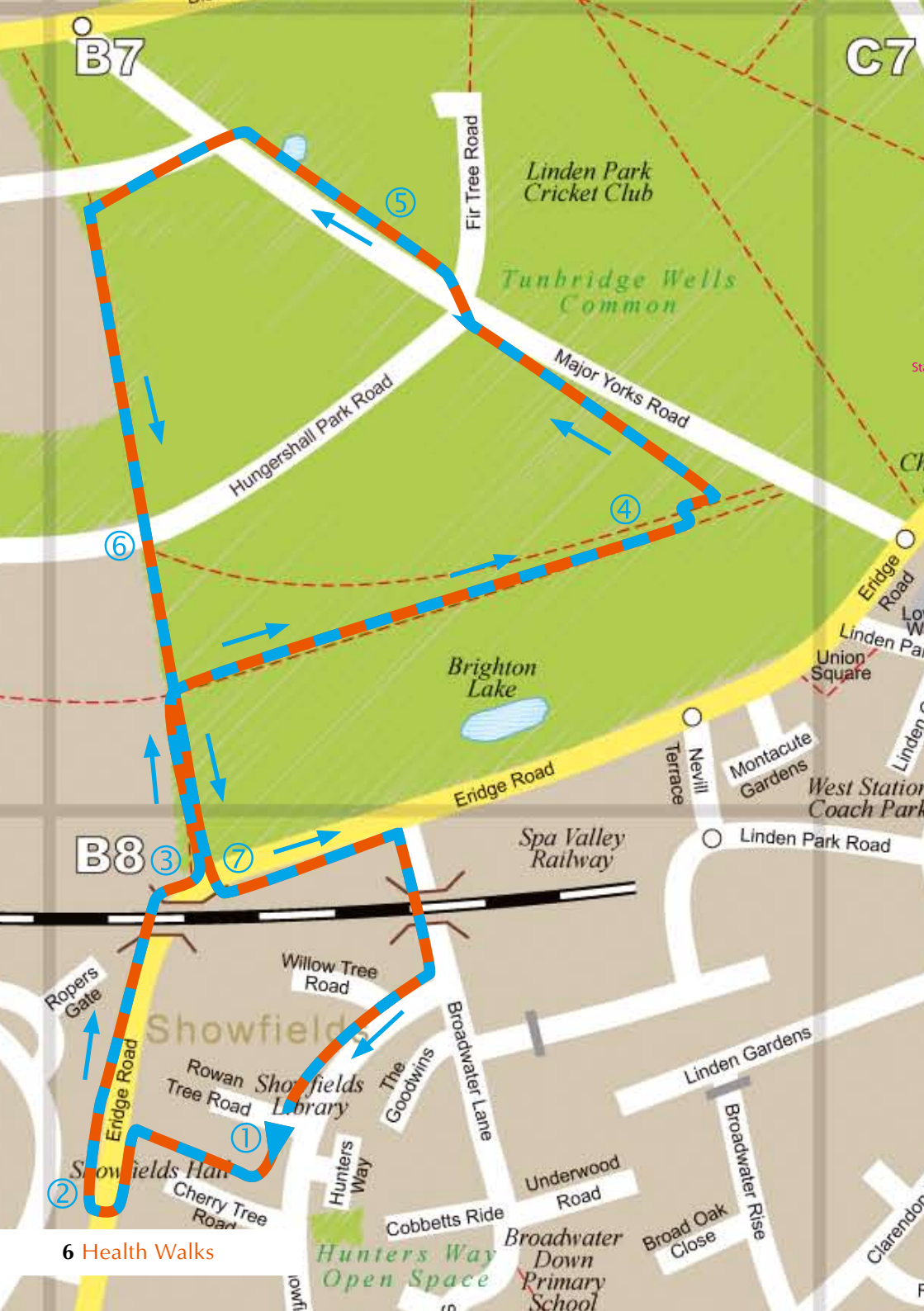
Ensure that you start every walk slowly and build your pace up. After around five minutes get into your brisk pace and remember to slow down towards the end of your walk to allow your muscles to cool down.

How should you feel when walking?

It is important when doing an activity that you listen to your body. If you feel dizzy, or develop any pains, slow down or stop. If the problems persist see your doctor.

Remember you should be steadily improving over a long period of time. It is not a competition.





No. 1 Community Centre, Showfields – The Common

1 hour = 1.6 miles

Starting and finishing at the No.1 Community Centre on Showfields Road. Group walks led by volunteers will start here at 10am every Monday.

Suitable for:

Some walkers. Some walking on footpaths, some of which are narrow and of poor quality. Some very steep hills.

How to get there:

Public Transport: Bus Nos. 229/284 stop outside No.1 Community Centre, and the No. 29 also runs nearby.

Parking: There is a small car park off Showfields Road, which is free.



Directions:

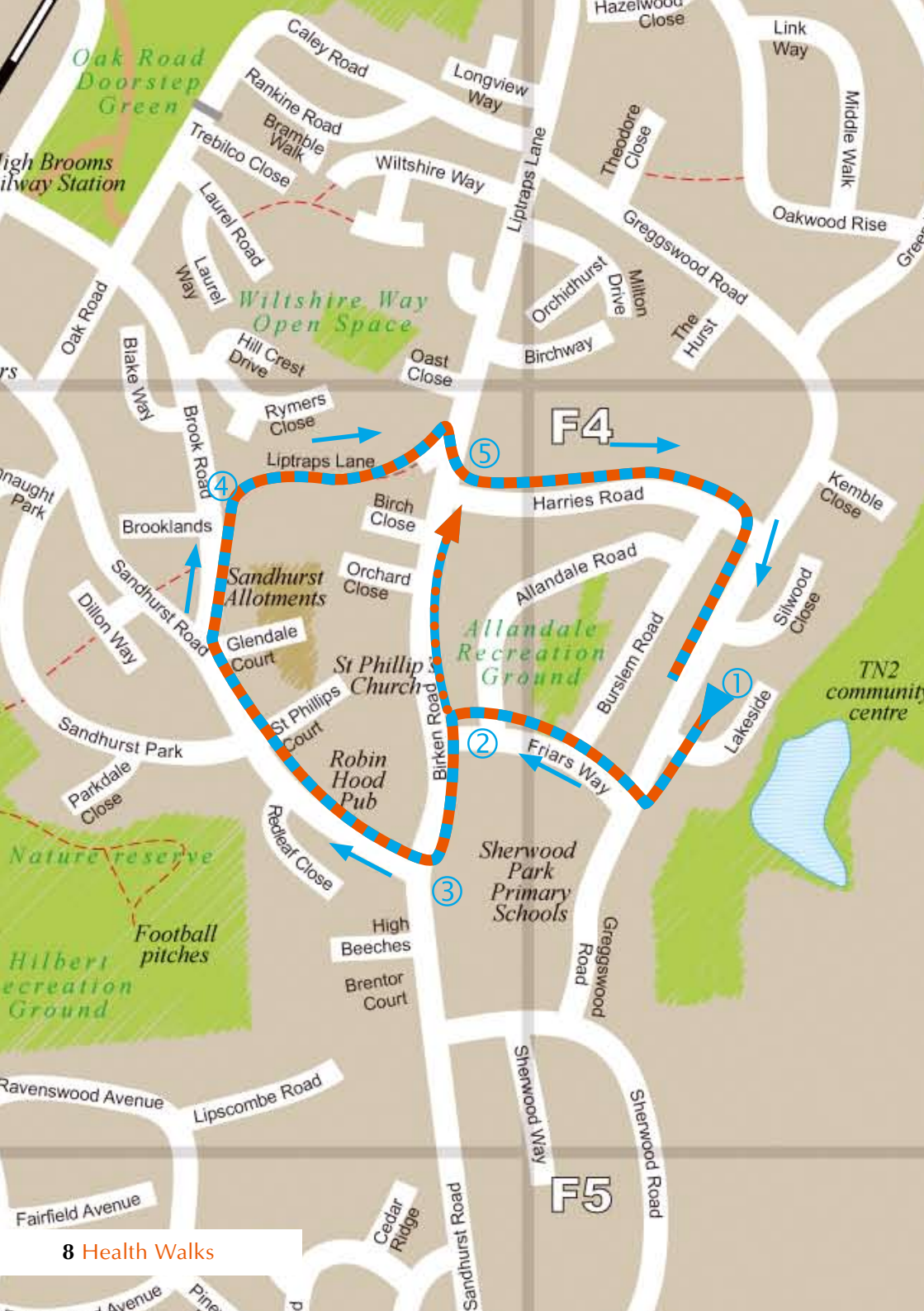
- 1 Take the path next to the play park that winds through the grass outside the Community Centre. Follow this path to the end and then turn left along the hedgerow. At the end of the path you will come to a bus stop. Cross the road to the path on the other side.
- 2 Turn right and walk along the road for approximately 300metres. Straight after the garden centre turn left and follow the footpath that leads up a steep hill into the Common.
- 3 Follow this footpath up to the top of the steep hill. Eventually you will arrive at a pair of unpaved footpaths forking on your right. Take the second/top footpath and walk along this footpath for approx 5 minutes. Turn left along a small footpath running across the main path – this path will lead you to a paved footpath.
- 4 Follow this footpath right towards the car park. Just before you reach the car park there will be a path running across the pavement, take this path and follow it left parallel with the road. Eventually you will meet the main road (Major Yorks Road) running through the Common, cut diagonally across the crossroads and continue following the footpath along the road.
- 5 Continue along this road until you reach a small road called Nevill Park on the opposite side. Cross the road and walk down Nevill Park. Just before you reach the white gates turn left and follow this path back down the edge of the Common.
- 6 This path will join up with the one that you used to enter the Common, walk all the way to the bottom of the hill.
- 7 When you reach the main road cross over and turn left. Take the first road on the right (Broadwater Lane). Follow this road until you reach the first turning on the right (Showfields Road), follow this road until you return to the No.1 Community Centre.

Facilities • Refreshments

No. 1 Community Centre has a café, and toilets.

Open from 9am–2pm, Monday–Friday.





Short Walk around Sherwood

30 minutes = 1 mile
20 minutes = 0.6 mile

Starting and finishing outside the TN2 Community Centre on Greggswood Road. Group walks led by volunteers will start here every Tuesday at 6pm.

Suitable for:

All walkers. All on footpaths, short route available.

How to get there:

Public Transport: Bus Nos. 277/288 stop outside the TN2 Community Centre, the No. 274 also stops nearby.

Parking: There is a small car park next to TN2 Community Centre, off Greggswood Road. Parking is also available along Greggswood Road.



Directions:

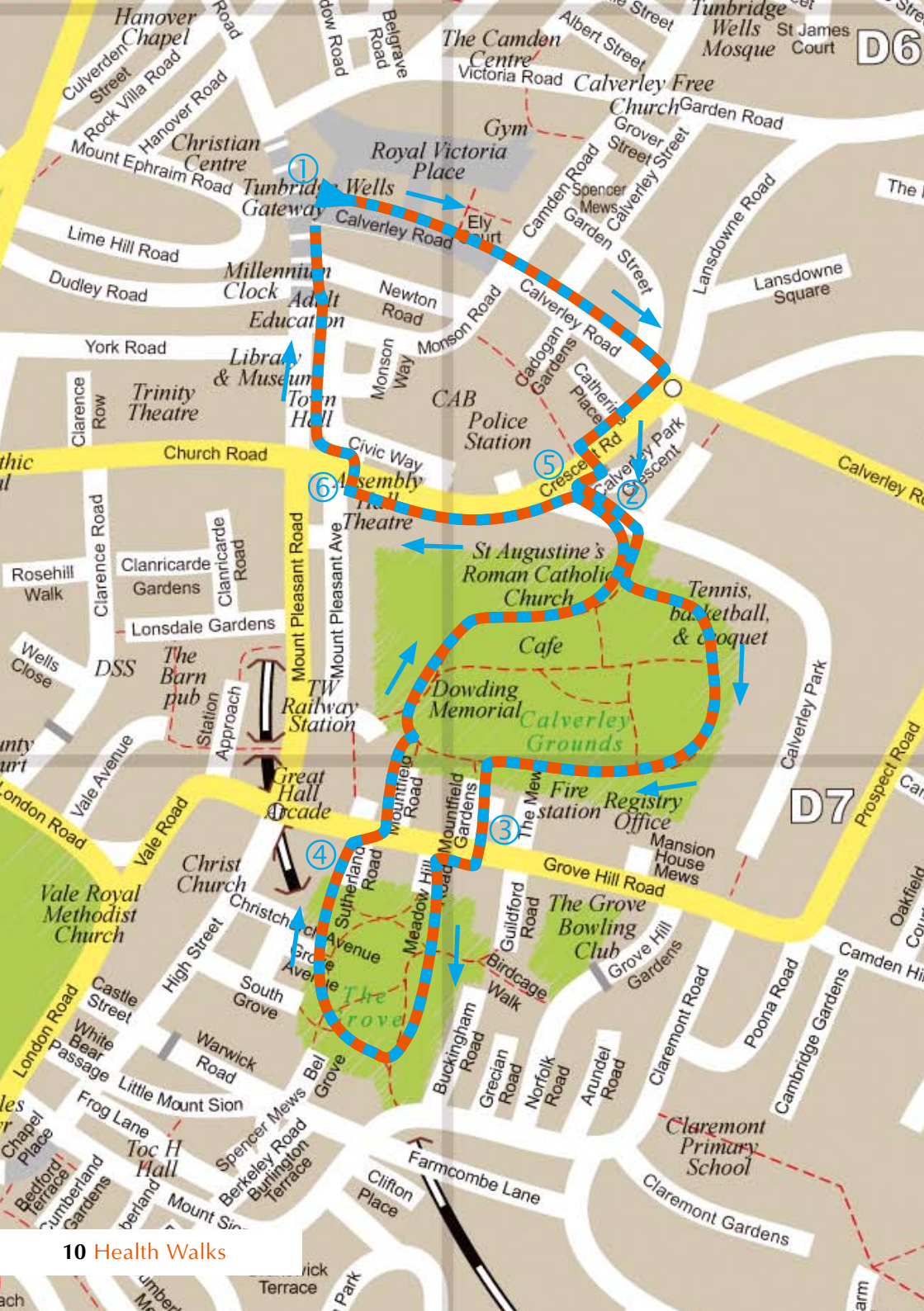
- 1 From TN2 turn left along Greggswood Road. Take the first road on the right (Friars Way), and continue to the end of the road.
- 2 Here there are two options:
For the shorter (0.6 mile) route turn right, and continue until you reach Harries Road, then see instruction number 5.
For the longer route (1 mile) turn left down the hill. At the end of the road turn right onto Sandhurst Road.
- 3 Walk along Sandhurst Road, past the allotments on your right. Continue along Sandhurst Road until you reach a small lane on your right, this is Liptraps Lane. Turn right here.
- 4 Walk up Liptraps Lane, this will come out onto Birken Road. Once you rejoin the road you need to take the road opposite and slightly to the right – Harries Road.
- 5 Walk along Harries Road to the end of the road, and then turn right onto Greggswood Road. Continue along Greggswood Road until you reach the TN2 Community Centre on your left.

Facilities • Refreshments

TN2 Community Centre has a small café, and also has toilets.



The route also takes you past a pub at the bottom of Birken Road.



Five Ways, Calverley Grounds and The Grove

50 minutes = 1.6 miles

Starting and finishing by the Millennium Clock Group. Volunteer led group Health Walks start from this location every Wednesday at 12.30pm.

Suitable for:

Most Walkers. It is all on pavement, although there are a few steep hills.

How to get there:

Public Transport: Ten minute walk from Tunbridge Wells Train Station. Accessible by a number of bus routes.

Parking: Royal Victoria Place car park nearby (Pay & Display).

Directions:

- 1 Walk along the Calverley Road precinct passing Royal Victoria Place on your left. Cross the road at the end and continue until you reach the roundabout. Turn right along Crescent Road. Cross the road before reaching the car park entrance, continue along this road, the entrance to Calverley Grounds is on your left next to St Augustine's Church
- 2 Enter the grounds and take the path off to the right. Continue into the park, then take the path on the left which runs behind the basketball court and croquet green. Follow this path around the edge of the park, taking the first exit (Mountfield Gardens) out of the park on the far side and continue to the end of the road.
- 3 Cross over the road and continue down the road opposite and slightly right (Meadow



Hill Road), entering The Grove. Walk clockwise around the Grove, completing three sides of the park. Exit along Sutherland Road.

- 4 Cross the road and take the road opposite and slightly right (Mountfield Road). Enter Calverley Grounds, continuing straight along the path around the edge of the grounds. Continue around the edge of the grounds, turning right up the hill. This path will join the one you left upon entering the grounds.
- 5 Head back out to the road and go left, continue to the traffic lights.
- 6 At the lights turn right. Continue along this road past the bus stops, cross over the road and continue until you return to Royal Victoria Place. The Millennium Clock is on your left and you are finished!

Facilities • Refreshments

This walk starts and ends in the centre of Tunbridge Wells, so is close to many amenities.

Toilets are located in Calverley Grounds.

There is a café in the park, and a pub that serves food on the edge of the Grove Park.





High Brooms Railway Station

Wilshire Way Open Space

Allandale Recreation Ground

Nature reserve

Hilbert Recreation Ground

Sherwood Road Play Area

E4

F4

E5

F5

TN2 Community Centre, Hilbert Recreation Ground and Allotments in Ferndale Road

1 hour = 2 miles

Starting and finishing outside TN2 Community Centre on Greggswood Road. Group walks led by volunteers will start here every Thursday at 10am.

Suitable for:

Most walkers. This route stays on footpaths throughout, although includes some steep hills.

How to get there:

Public Transport: Bus Nos. 277/288 stop outside the TN2 Community Centre, the 274 also stops nearby.

Parking: There is a small car park next to TN2 Community Centre, off Greggswood Road. Parking is also available along Greggswood Road.

Directions:

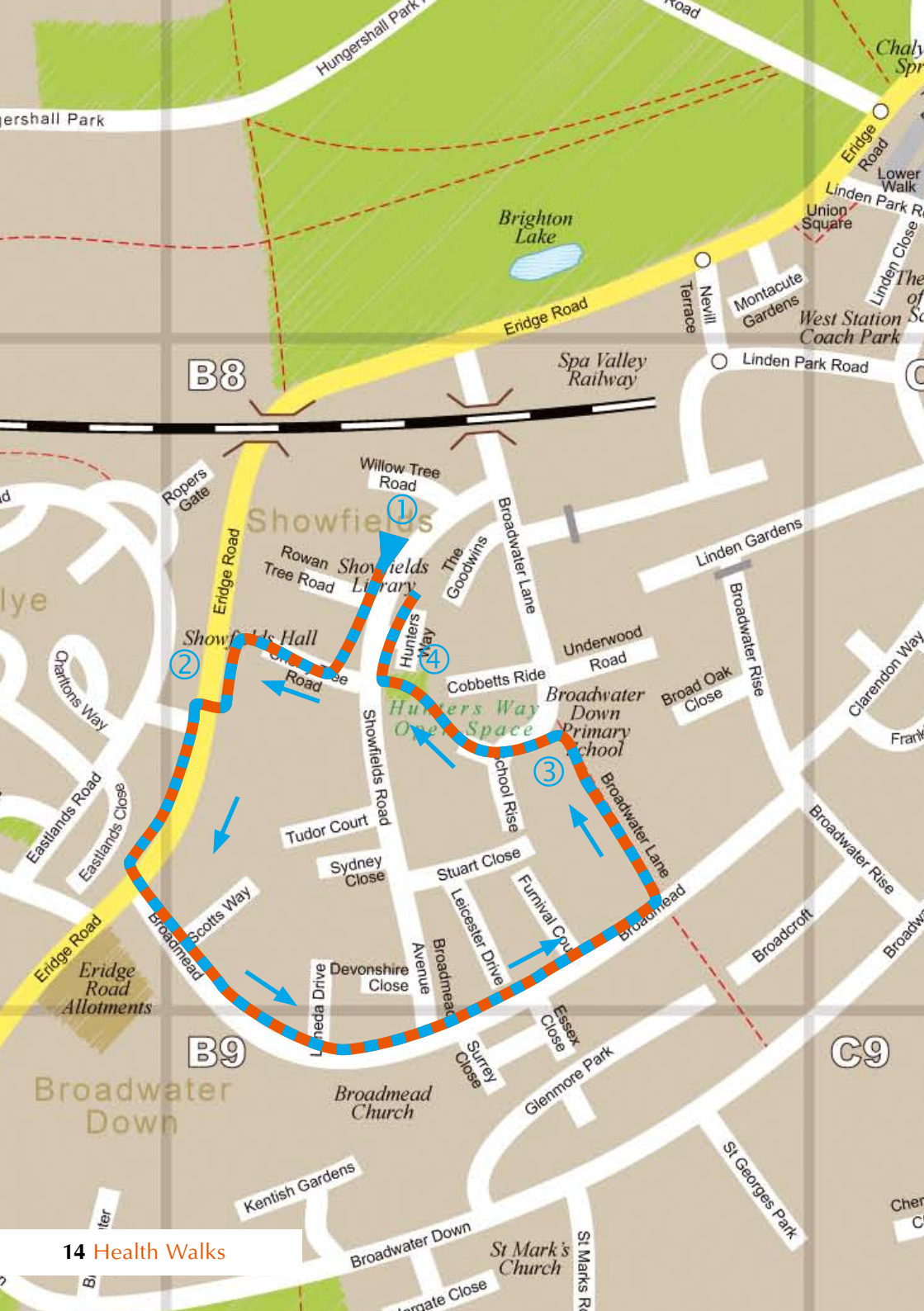
- 1 From TN2 turn left along Greggswood Road. Take the first road on the right (Friars Way), and continue to the end of the road. Turn left onto Birken Road and continue to the end of the road.
- 2 Turn right and walk along Sandhurst Road until you reach a turning on the left for Sandhurst Park. Walk along Sandhurst Park until you reach a footpath on the left going downhill into Hilbert Recreation Ground. Take this path and enter the Recreation Ground.
- 3 Turn left and take the path along the edge of a new plantation of young trees. The path will fork at the top of the hill. Take the right hand fork, entering the woodland. Follow this path, turn left, and then take the next path on the right. This should lead you down through the Hilbert Recreation Ground Allotments and out onto Dorking Road.
- 4 Turn left along the road, and then left again up the hill. Then take the first road on your right (Hilbert Road). Continue to the end of this road and then turn left along Ferndale Road. Follow this road as it winds around several corners before coming to an end, meeting with Sandhurst Road.
- 5 Turn left along Sandhurst Road, continue along until the road bends to the left. Take the turning on the right onto Birken Road. At the top of the hill take the road on the right (Friars Way). Follow this road to the end, and then turn left.
- 6 Continue along this road until you return to the TN2 Community Centre.



Facilities • Refreshments

TN2 Community Centre has a small café, and also has toilets. The route takes you past a pub at the bottom of Birken Road. There are also toilets and a small café located in Hilbert Recreation Ground.





Short Walk around Showfields

30 minutes = 1 mile

Starting and finishing outside the No. 1 Community Centre on Showfields Road. Group walks led by volunteers will start here at 2pm every Friday.

Suitable for:

Most walkers. All on footpaths, some steep hills.

How to get there:

Public Transport: Bus nos. 229/284 stop outside No.1 Community Centre, and the No. 29 also runs nearby.

Parking: There is a small car park off Showfields Road, which is free.



Directions:

- 1 Take the path next to the play park that winds through the grass outside the Community Centre. Follow this path to the end and then turn left along the hedgerow. At the end of the path you will come to a bus stop. Cross the road to the path on the other side.
- 2 Continue left along the path, until you reach Broadmead on your left. Turn left down here and follow this road around a long bend. Continue until you reach a small narrow footpath on your left. Turn down this footpath and walk to the end, down the side of Broadwater Down Primary School.
- 3 At the end of the footpath turn left, past the entrance to the school. Follow the road around to the right entering a small park and playground.
- 4 Continue through the playground and exit on the opposite side to that you entered. Walk along the road and return to the main road on your left (Showfields Road). Cross Showfields Road, walk approximately 50 metres down the road and you should arrive back at the Community Centre where we started!

Facilities • Refreshments

No.1 Community Centre has a café and toilets, Open from 9am–2pm, Monday–Friday.



Health Walk Timetable

TIME	MON	TUES	WEDS	THURS	FRI
10am	No.1 Community Centre			TN2 Community Centre	
12.30pm			Five Ways		
2pm					No.1 Community Centre
6pm		TN2 Community Centre			

For more information regarding Health Walks in Tunbridge Wells, or any other information relating to staying healthy please contact:

Nick Atkins, Healthy Lifestyles Coordinator
tel 01892 554411 e-mail nick.atkins@tunbridgewells.gov.uk

Volunteering

The group walks that take place every weekday as described above are all led by volunteers. If you would like to join our team of volunteers then please contact Nick Atkins, Healthy Lifestyles Coordinator (details above). Volunteers can choose to lead a set walk a week, or opt to volunteer on a more ad-hoc basis. Full support and training will be given free to all volunteers, including a Natural England 'Volunteer Walk Leader' certification. More information on this can be found at www.whi.org.uk.

If you require this information in large print, on audiotape or in any other format, please contact us on 01892 526121.