

## WALKING INFORMATION

### Who we are

Ramblers Wellbeing Walks Salisbury is part of a national organisation run by the Ramblers.

To find out more visit <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups>, click on **Find a Wellbeing Walk Group**, enter **Salisbury** and click on **Ramblers Wellbeing Walks Salisbury**.

### Walking is a great form of exercise but remember:

- Do build up gently if you are unfit - even walking at a slow pace has health benefits, walk as fast as you can but don't over exert yourself.
- Group walking has social benefits and can combat loneliness.
- Walking outdoors in nature has proven benefit for mental health and wellbeing.

## WALKING LEAFLETS

Walking leaflets are available **free** from the Salisbury Transportation Team on 01722 434325 or from the Salisbury Information Centre. The following leaflets are available:

- Salisbury and Wilton Walking Map and Information Guide
- Salisbury to Stonehenge Cycling and Bus Walks Map

## OTHER WALKING GROUPS

### Get Wiltshire Walking

Run by Wiltshire Council has a Strider Walk every Wednesday at 09:30am from Five Rivers Health and Wellbeing Centre.

Contact: Natalie Parker Community Walks Co-ordinator

Tel: 07917 599964 /

Email: [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk)

### South Wilts Ramblers

Run up to 4 walks per week. Distances 4 - 6 miles on weekdays and 10-12 miles on a Sunday. For more information visit [www.ramblers.org.uk/south-wiltshire](http://www.ramblers.org.uk/south-wiltshire) and complete the online contact form.

They welcome people for a couple of 'taster walks' without joining the Ramblers. If you need to book a place then the leader's contacts are included but most are 'just turn up'. Access is by car but car-sharing is offered.

# Wellbeing Walks Salisbury

SUPPORTED BY SALISBURY CITY COUNCIL

Organised and led by trained volunteers

**PROGRAMME: May - August 2024**



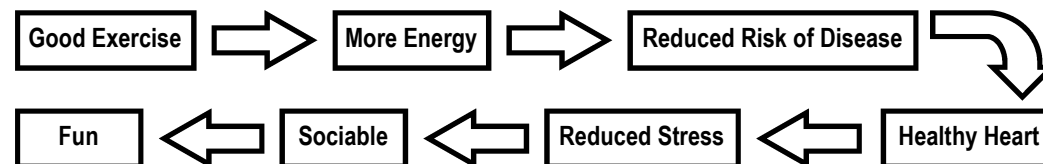
## FOOTSTEPS TO FITNESS

## DOORSTEP WALKS

Walking is an enjoyable way to get more active and improve your health and fitness. Health walks are free and open to all, start points are accessible by bus.

Walkers are asked to take responsibility for their own safety and wellbeing.

## WHY WALK?



To download this programme please visit:

<https://www.experiencesalisbury.co.uk/listing/ramblers-wellbeing-walks-salisbury/>

### Local contacts:

Pam Rouquette - Tel: (01722) 334209 / Email: [pamrouquette@hotmail.com](mailto:pamrouquette@hotmail.com)

Gordon Robinson - Tel: 07852 613655

# THURSDAYS at 10.00am

All walks are circular and start at 10.00am from the meeting points listed in the table below. Bus stops and times are given from the City Centre.

## Footsteps To Fitness - 30 minute walks



Suitable for new walkers, those recovering from illness or surgery or anyone who lives alone and wants to get out and meet new people. Followed by coffee and chat.

**Walk Meeting Point:** Parish Hall, Lower Street, West Harnham - 10.00am on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month. [Catch the R5 bus to the Old Parsonage.]

1<sup>st</sup> & 15<sup>th</sup> May      5<sup>th</sup> & 19<sup>th</sup> June      3<sup>rd</sup> & 17<sup>th</sup> July      7<sup>th</sup> & 21<sup>st</sup> August

**Walk Meeting Point:** Victoria Park, Castle Road - meet at Coffee Kiosk - 10.00am on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month. [All Castle Road buses stop at Victoria Park as does the R12 from Stratford Bridge.]

3<sup>rd</sup> & 17<sup>th</sup> May      7<sup>th</sup> & 21<sup>st</sup> June      5<sup>th</sup> & 19<sup>th</sup> July      2<sup>nd</sup> & 16<sup>th</sup> August

## Doorstep Walks



There are two levels of walk, the shorter walk of 45-60 mins. is mainly over level ground but can have uneven surfaces and is taken at a slower pace. This is suitable for those who want to maintain their level of fitness or increase fitness after illness or injury. Please wear suitable shoes.



A longer walk of up to 90 mins. is for people looking for more challenging walks to increase their level of physical activity. They may include steeper slopes, steps, and rough ground. Suitable footwear is essential.

	DATE	MEETING POINT	CITY CENTRE BUS STOP, ROUTE & TIME
May	2 <sup>nd</sup>	Wilton Market Square <sup>^</sup>	Red 25 - 09.40am - Stop [S] New Canal
	9 <sup>th</sup>	Queen Elizabeth Gardens, Long Bridge	
	16 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	23 <sup>rd</sup>	Old Mill, Harnham	Red 5 - 09.40am - Stop [B] Endless Street
	30 <sup>th</sup>	Chorister's Green, The Cathedral Close	
June	6 <sup>th</sup>	The Green, Laverstock	Red 6 - 09.40am - Stop [C] Endless Street
	13 <sup>th</sup>	Ambulance Station, Odstock Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	20 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	27 <sup>th</sup>	Chorister's Green, The Cathedral Close	
July	4 <sup>th</sup>	Petersfinger Park and Ride Site*	PR15 - 09.55am - Stop [W] Milford Street
	11 <sup>th</sup>	Jcn of Britford Lane & New Bridge Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	18 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	25 <sup>th</sup>	Chorister's Green, The Cathedral Close	
August	1 <sup>st</sup>	Old Castle Inn, Old Sarum	Active 8 - 09.35am - Stop [N] Blue Boar Row
	8 <sup>th</sup>	Ambulance Station, Odstock Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	15 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	22 <sup>nd</sup>	Jcn of Britford Lane & New Bridge Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	29 <sup>th</sup>	Chorister's Green, The Cathedral Close	

Please check all bus times as they are subject to change at short notice.

**NOTES:**

<sup>^</sup> 2<sup>nd</sup> May - Wilton Walk - Bus stops in West Street

\* The walk will wait for the bus to arrive so will start a few minutes late.