

## 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 2023



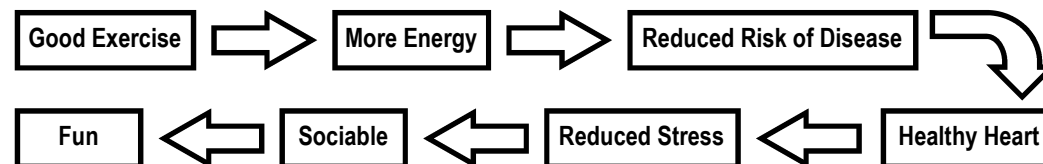
**FOOTSTEPS  
TO FITNESS**

**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



Short 30 minute walks suitable for new walkers and those recovering from illness or surgery. Everyone welcome.

Walk Meeting Point: Parish Hall, Lower Street, West. Harnham (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month)

**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**

Walk Meeting Point: Chorister's Green, Cathedral Close (last Thursday of each month)

**25<sup>th</sup> May      29<sup>th</sup> June      27<sup>th</sup> July      31<sup>st</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	4 <sup>th</sup>	Wilton Market Square	Red 25 - 09.40am - Stop [S] New Canal
	11 <sup>th</sup>	Ambulance Station, Odstock 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	
June	1 <sup>st</sup>	Petersfinger Park & Ride*	PR15 - 09.55am - Stop [W] Milford Street
	8 <sup>th</sup>	Queen Elizabeth Gardens, Long Bridge	
	15 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	22 <sup>nd</sup>	Ambulance Station, Odstock Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	29 <sup>th</sup>	Chorister's Green, The Cathedral Close	
July	6 <sup>th</sup>	The Green, Laverstock	Red 6 - 09.40am - Stop [C] Endless Street
	13 <sup>th</sup>	Old Mill, Harnham	Red 5 - 09.40am - Stop [B] Endless Street
	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	
August	3 <sup>rd</sup>	Bishopdown Farm Roundabout*	PR7 - 09.55am - Stop [L] Blue Boar Row
	10 <sup>th</sup>	Jcn of Britford Lane & New Bridge Road	Red 1 - 09.38am - Stop [O] Blue Boar Row
	17 <sup>th</sup>	Five Rivers Health & Wellbeing Centre	Active 8 - 09.35am - Stop [N] Blue Boar Row
	24 <sup>th</sup>	Salisbury Arts Centre	
	31 <sup>st</sup>	Chorister's Green, The Cathedral Close	

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

### NOTES:

4<sup>th</sup> May - Wilton Walk - Bus stops in West Street.

\* The walks on 1<sup>st</sup> June and 3<sup>rd</sup> August will wait for the bus to arrive so start a few minutes late.