

WALK TIMETABLE

Mondays at 10.30am

Saumarez Park

Meeting place: The rear car park

This is a circular walk around the park at your own pace followed by optional refreshments in the café.

Mondays at 1.45pm

Beau Sejour and Cambridge Park

Meeting place: Main entrance to Beau Sejour

A scenic and traffic free walk around Cambridge park. Fitter walkers continue down through Candie gardens and back via the "Blue Mountains" for optional refreshments.

Tuesdays at 2pm

Imperial Hotel (different venue in the summer - ring 227311 for details)

Meeting place: Bus stop opposite hotel

A scenic walk as far as you want to go to the Fairy Ring and back and then optional refreshments at the Imperial Hotel.

Wednesdays at 10.30am

Saumarez Park

Meeting place: The rear car park

As Mondays above.

Thursdays at 10.30am

Chouet to the Bird Hide

Meeting place: Chouet car park

A scenic coastal walk from Chouet towards Pembroke, turning back at the Bird Hide. Refreshments can be purchased at Roc Salt after the walk.

Fridays at 10.30am

Chouet

Meeting place: Chouet car park

A flat 30 minute walk with idyllic views across the bay, from Chouet car park across to Les Amarreurs playground for the less able walkers. The longer walk continues around Vale Church and along the golf course, returning to Chouet car park. Optional refreshments are available at the nearby tea room.

Sunday afternoon times are dependent on when the clocks change.

March to October - 4.30pm start

November to April - 3.00pm start

This walk lasts about 45 minutes and starts from a different location each week. Walks stop for July and August. Ring 227311 for details.

ALDERNEY

Sundays at 2.45pm for 30 minutes

Meeting place: Braye Common

There are three alternative routes all starting at Braye Common and finishing at the Braye Beach Hotel for tea or coffee.

So why not give them a try and feel the benefit!

Most walk routes are accessible by bus, please see www.buses.gg for an up to date timetable, or telephone 700456.

Contact Public Health Services on 227311 Monday to Friday for more information or go to www.walkingforhealth.org.uk



States of Guernsey
Public Health Services

March 2021

walk this way



**Take your first steps
towards an active lifestyle**

Anytime, anywhere

Lots of us wish we did more exercise. We know it's good for us. And we know our health is important. But it can be easy to find excuses for not actually getting out there and doing it.

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything and you don't need any fancy equipment to take to the paths.

You can take things at your own pace, starting slowly and building up gently. It's wonderfully social too - you can even make some new friends.

Kit and Caboodle

What do you need? Not much really... just a good pair of shoes, which you probably have anyway. Anything that's comfortable, supportive and doesn't give you blisters. You can move more freely in loose-fitting clothing, and it's better to wear several thin layers rather than heavy, bulky clothing.

As you're going to be outdoors for a while, remember to take some water.



And don't forget to be prepared for the weather - if it looks like rain, a waterproof or umbrella will be very handy, and a sun hat and sun cream are a good idea in summer.



Best foot forward

Think about it... **your legs were made for walking. It's a wonderful form of natural exercise that can keep you healthy, living longer - and can even put a smile on your face.**

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

Taking regular walks reduces the risk of a number of diseases and medical conditions such as...

- Heart disease
- Type 2 diabetes
- Depression
- Osteoporosis
- Certain cancers



And it can also help you manage your illness and reduce the recurrence of disease, including certain cancers. 'Brisk' walking means you breathe a little faster, feel a little warmer and have a slightly faster heartbeat. You should be able to talk - essential if you are taking a turn with friends.

Walk together

Walking as part of a small group is a good way to start and keep going. You'll make new friends, encourage each other and discover new walks in and around your neighbourhood.

Walking for health is a network of 600 health walk schemes in towns and villages across England, Jersey and Guernsey, with regular short walks each week. Anyone over the age of 18 can turn up and join in - it's **free**, fun and friendly. (But sorry, no dogs!)

What you can expect

- Short walks for beginners
- Trained walk leaders
- Good company
- Safe routes to walk

All our walks are about 30 minutes long and are led by two or more trained volunteer Health Walk leaders - one at the front of the group and one at the back. Their role is to help everyone walk at a safe but effective pace whilst still enjoying the social contact. All leaders carry a first aid kit and drinking water. Refreshments can be purchased after the walks at the nearest café.

Where's my nearest walk?

Just visit...
www.walkingforhealth.org.uk/walkfinder
or call Public Health Services on 227311.

New Walkers

Please arrive a few minutes early and look for a leader with a high vis vest and a red rucksack to register.