

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 at Les Cotils.

Tuesdays at 10.30am

Imperial Hotel

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

Peninsula Hotel

Meeting place: Back hotel car park

There are two alternative routes:

1. Around Grand Havre to the Vale Pond kiosk.
2. To Les Vardes Hotel and back.

Less able walkers can take a shorter walk to a seat and back. Refreshments can be purchased in the Peninsula 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.

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 01481 224136 Monday to Friday for more information or go to:

www.ramblers.co.uk/wellbeing-walks



States of Guernsey
Public Health Services

March 2022



WELLBEING WALKS

Bailiwick of Guernsey



**Better
wellbeing
is just a
step away**

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 give your health and wellbeing a boost and put a smile on your face!

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

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

A good walk can do wonders for your mental wellbeing too:

- Improves mood
- Improves sleep quality
- Reduces stress and anxiety
- Helps you make new friends and feel part of a wider group



'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.

Ramblers Wellbeing Walks is

England's largest walking scheme, with over 1500 walks per week in England, Jersey, Guernsey, and Alderney.

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
- 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?

See overleaf or visit...

www.ramblers.org.uk/wellbeing-walks or call Public Health Services on 01481 224136.

New Walkers

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