

What are health walks?

Health walks are a great way to be more active, improve your health and make new friends. They're not about rambling, hiking or 'power walking' - they're just short led walks in your local area at your own pace. All our walks are led by qualified, friendly walk leaders who will welcome you to the group and support you on your walk.

Walk it Together is accredited by the national Walking for Health programme. This means that we offer walks for all abilities, including beginners, and meet certain health and safety requirements.

Getting started

We recommend that you wear flat, sensible footwear and bring suitable clothing for the unpredictable British weather! **Please ring 01422 397 340 to check if walks are going ahead in poor weather.**

Before you start your first health walk you will be asked to complete a short health questionnaire. If you haven't filled one in already it's a good idea to arrive for your first walk about 10 minutes early so your walk leader can go through this with you.

Children are more than welcome to join the health walks but anybody aged 14 or under must be accompanied by an adult.

For any enquiries about
Walk it Together or for information
on becoming a walk leader yourself
please call 01422 397 340
or email walkit@swyt.nhs.uk



www.facebook.com/CalderdaleHIS
www.southwestyorkshire.nhs.uk



Get Active Outdoors

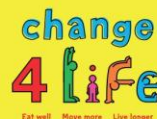
Walk it Together



Calderdale Health Improvement Service

October to December 2014

A programme of led walks in Calderdale
to suit people of all ages and abilities



With all of us in mind

DAY	DATE	TIME	AREA	MEETING POINT	GRADE	DURATION	ADDITIONAL INFO
OCTOBER							
Wed	1 st Oct	10.30am	Cragg Vale	Outside Hinchcliffe Arms	Moderate	90 min	Dogs on lead, not pram friendly *
Sun	5 th Oct	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	6 th Oct	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Mon	13 th Oct	10.45am**	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Mon	13 th Oct	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	60 - 90 mins	Not pram friendly, no dogs please *
Sun	19 th Oct	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	20 th Oct	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Mon	27 th Oct	10.45am**	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Mon	27 th Oct	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	60 - 90 mins	Some inclines, no dogs please *
NOVEMBER							
Sun	2 nd Nov	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	3 rd Nov	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Wed	5 th Nov	10.30am	Cragg Vale	Outside Hinchcliffe Arms	Moderate	90 min	Dogs on leads, not pram friendly *
Fri	7 th Nov	10:30am	Illingworth	Outside Keighley Rd Surgery	Easy	30 min	Flat, slow walk *
Mon	10 th Nov	10:45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Mon	10 th Nov	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	60-90 min	Not pram friendly, no dogs please *
Sun	16 th Nov	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	17 th Nov	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Mon	24 th Nov	10:45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Mon	24 th Nov	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	60-90 min	Not pram friendly, no dogs please *
Sun	30 th Nov	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
DECEMBER							
Mon	1 st Dec	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Wed	3 rd Dec	10.30am	Cragg Vale	Outside Hinchcliffe Arms	Moderate	90 min	Dogs on leads, not pram friendly *
Fri	7 th Dec	10:30am	Illingworth	Outside Keighley Rd Surgery	Easy	30 min	Flat, slow walk *
Mon	8 th Dec	10.45am**	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Mon	8 th Dec	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	60-90 min	Not pram friendly, no dogs please *
Sun	14 th Dec	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	15 th Dec	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *
Mon	22 nd Dec	10.45am**	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk *
Sun	28 th Dec	11.00am**	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	29 th Dec	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	Some inclines, no dogs please *

**New walkers please arrive 15 minutes early



Accredited Walking for health walk