



LOVE YOUR PARK



Walking for Health 020 8708 0951

Summer is coming...
Looking to get healthy? Why not join us on one of our free walks?

Organised walks take place in parks and open spaces across Redbridge. No booking required, just turn up and enjoy the company!



Mondays 11am

- 12 June at Clayhall Park
- 19 June at Seven Kings Park
- 26 June at South Park
- 3 July at Valentines Park
- 10 July at Goodmayes Park
- 17 July at Clayhall Park **LOVE PARKS WEEK**
- 24 July at Fairlop Waters
- 31 July at Seven Kings Park
- 7 August at South Park
- 14 August at Clayhall Park
- 21 August at Valentines Park
- 4 September at Clayhall Park
- 11 September at Goodmayes Park

Thursdays 11am

- 15 June at Hainault Forest Country Park
- 22 June at Wanstead Park
- 29 June at Fairlop Waters
- 6 July at Hainault Forest Country Park
- 13 July at Valentines Park
- 20 July at Wanstead Park **LOVE PARKS WEEK**
- 27 July at Hainault Forest Country Park
- 3 August at Valentines Park
- 10 August at Fairlop Waters
- 17 August at Wanstead Park
- 24 August at Hainault Forest Country Park
- 31 August at Fairlop Waters
- 7 September at Wanstead Park
- 14 September Hainault Forest Country Park

Saturdays 10.30am

Every Saturday from Wanstead Place Surgery, 45 Wanstead Place.

Guide to Grades

- 1 = Easy, flat walk at gentle pace on hard surfaces
- 2 = Steady pace, some gentle slopes and uneven terrain
- 3 = Steady to faster pace, some hills and uneven terrain

** All these walks are accessible for wheelchair users*

Meeting points and grades for walks

Park	Meeting Point	Approximate Time/Duration	Grade
Clayhall Park*	Tennis Courts inside park Longwood Gardens	20-45 minutes	1/2
Fairlop Waters	Main entrance of Pavilion	20-45 minutes	1/2
Goodmayes Park*	Entrance at Aberdour Road/Abbotsford Road	20-45 minutes	1/2
Hainault Forest Country Park	Car park adjacent to Global Café	60 minutes	3
Seven Kings Park*	Bandstand (Aldborough Road South entrance)	20-45 minutes	1/2
South Park*	Car park adjacent to tennis courts	20-45 minutes	1/2
Valentines Park	Outside Valentines Park café	45 minutes	1/2
Wanstead Park *	Thursday: Park entrance, Warren Road	60 minutes	2
Wanstead	Saturday: Entrance off Wanstead Place Surgery	60 minutes	2



Supporting you to get active and stay active