

Get walking in Luton!

October to April 2012 Health Walks Schedule

Have fun, meet new people and get fit for free by joining a regular health walk in Luton.

The Sustrans Active Travel project in Luton is running a weekly schedule of free, group led walks with something for everyone - young and old.

See schedule overleaf. Please contact us if you are interested in coming along for the first time.

Supported by:

Active Travel Luton, is run by Sustrans, a leading sustainable transport charity.

www.sustrans.org.uk/activetravelluton



Sustrans Weekly Health Walks in Luton

More info: [01582 732919](tel:01582732919) or activelives@sustrans.org.uk
Please contact us if you are interested in coming along for the first time.

Day, Time	Walk programme	Start from	General Information
Mon 9:30 to 10:30	Farley Walkers	Farley Community Centre, Delphine Close, LU1 5RE	<ul style="list-style-type: none"> • Open to all - parents with pushchairs welcome • Moderate pace • Farley and Dallow area
11:00 to 12:00	Bramingham Senior Striders	St Margaret's Parish Centre, Lucas Gardens, LU3 4BG	<ul style="list-style-type: none"> • Open to all - targeted towards senior citizens • Moderate to fast pace • Bramingham, Marsh Farm, Warden Hill and Limbury
13:00 to 13:45	Wigmore Walkers	Entrance to Wigmore place, Wigmore Lane, LU2 9TN	<ul style="list-style-type: none"> • Open to all – targeted towards local employees • Moderate to fast pace • Wigmore, Stopsley, Round Green, Crawley
Tues 12:00 to 13:00 <i>Monthly</i>	Putteridge Plodders	Butterfield Innovation Centre, main entrance, LU2 8DD. Last Tue of the month	<ul style="list-style-type: none"> • Open to all – targeted to employees on Butterfield • Moderate to fast pace • Stopsley, Putteridge and Bushmead area
Weds 9.10 to 10:20	Wednesday Saints Walk	William Austin main school gate, Austin Road, LU3 1UA	<ul style="list-style-type: none"> • Open to all – parents and pushchairs welcome • Moderate pace • The Saints, Icknield, Barnfield and Bushmead area
12:45 to 13:15	L&D Hospital: Wednesday Walkers	L&D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ	<ul style="list-style-type: none"> • Open to all - targeted at Hospital employees • Moderate to fast pace • Lewsey, Challney and Leagrave area
13:00 to 14:00 <i>Monthly</i>	A Walk in the Park	Takes place in Luton's Parks on the 1 st Wed of the month. Contact Sustrans for location details	<ul style="list-style-type: none"> • Targeted to people with disabilities • Slow to moderate pace • Luton's Parks e.g. Wardown, Stockwood, etc.
Thurs 9:00 to 10:15	Stopsley Walkers	Sacred Heart Primary School, Langford Drive, LU2 9AJ	<ul style="list-style-type: none"> • Open to all – parents and pushchairs welcome • Moderate pace • Stopsley, Putteridge, Round Green and Wigmore
9.10 to 10:10	Whitefield Walkers <i>Starting in January</i>	Whitefield Primary School, Stockholm Way, LU3 3SS	<ul style="list-style-type: none"> • Open to all - parents with pushchairs welcome • Moderate pace • Lea Manor, Marsh Farm and Bramingham area
12:30 to 13:20	Walk the Talk	Town Hall steps, George St or University of Beds entrance, Park St, LU1 2BQ	<ul style="list-style-type: none"> • Open to all - targeted to town centre employees • Moderate to fast pace • Town centre and surrounding environs
Fri 9.10 to 10:20	Friday Saints Walk	William Austin main school gate, Austin Road, LU3 1UA	<ul style="list-style-type: none"> • Open to all – parents and pushchairs welcome • Moderate pace • The Saints, Icknield, Barnfield and Bushmead area

Other Walks

Sustrans also offer walks for specific groups and activities. Contact us if you are interested in Health Walks for your group or activity.

We currently lead walks for various groups with mobility or learning difficulties and mental health issues.