

Get walking in Luton!

June to December 2011 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, the UK's leading sustainable transport charity.
www.sustrans.org.uk/activetravelluton



Sustrans Weekly Health Walks in Luton

More info: **01582 732919** or activelives@sustrans.org.uk

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Day, Time	Walk programme	Start from	General Information
Mon 9:15 to 10:15	Dallow Walkers	Foxdell Infant School, Dallow Road, LU1 1TG	<ul style="list-style-type: none"> • Open to all • Moderate pace • Dallow, Farley and Chalney 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 13:30	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 9:15 to 10:15	Leagrave Health Walk	The Community Link at Leagrave Primary School, Strangers Way, LU4 9ND	<ul style="list-style-type: none"> • Open to all – parents and pushchairs welcome • Moderate pace • Leagrave, Lewsey and Sundon area
12:00 to 13:00 Monthly	Butterfield Health Walk	Butterfield Innovation Centre, main entrance, LU2 8DD	<ul style="list-style-type: none"> • Open to all – targeted to employees on Butterfield • Moderate to fast pace • Stopsley, Putteridge and Bushmead area
Weds 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, Chalney and Leagrave area
13:00 to 14:00 Monthly	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, Leagrave
Thurs 9:15 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
9.15 to 10:15	Saints Health 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
12:30 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
14:00 to 15:00	Whipperley Walkers	Farley Community Centre, Delphine Close, LU1 5RE	<ul style="list-style-type: none"> • Open to all - parents and pushchairs welcome • Moderate pace • Farley and Dallow 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 weight management programmes, in addition to walks for people with learning difficulties and mental health issues.