

Health Walks in Southampton

2011 - 2012

The Health Walks are suitable for all ages and abilities. They are accompanied by a trained Health Walk Leader and take up to one hour.

Southampton Sports Centre walk

Mondays 12:30

Meet at the White House, Sports and Recreation Service (off Thornhill Road, Bassett). Free mid-walk refreshments.
Contact Alison on 07554 459 118

Lordsdale Greenway walk

Tuesdays 09:30 (term-time only)

Meet at the entrance to Lordsdale Greenway on Warren Avenue, to the left of the Ice House Pub.

Contact Claire 07825 843 424 or Alison 07554 459 118

Weston shore walk

Wednesdays 10:00 (term-time only)

Meet in the downstairs reception at Weston Lane Surgery, SO19 9GH. Free post walk refreshments

Contact Jo on 07554439332

Oasis walk

Thursdays 09:45

Meet at the Oasis Academy reception area, Green Lane, Millbrook. Post walk refreshments available.

Contact Lynda on 07825 843 422

Central Parks walk

Thursdays 09:45 for 10:00 start

Meet at the entrance to Hoglands Park, opposite Debenhams. Post walk refreshments available.

Contact Janice 07825 584 607 or Sarah 07825 843 394

Common walk

Thursdays 10:15 registration for 10:30 start

Meet outside the Hawthorns Urban Wildlife Centre on the Common. Post walk refreshments available.

Contact Linda on 07825 843 395

The Healthy Walks are fun, healthy and free!

Please wear comfortable clothing and shoes!

For more information on the Health Walks, contact 023 8060 8891, or streetread@sustrans.org.uk

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