

# Get walking in 2009!

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

Active Lives, Healthy People is running a weekly schedule of free, group led walks with something for everyone—young and old. See schedule overleaf.

Active Lives, Healthy People is run by Sustrans, the UK's leading sustainable transport charity.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)

  
**sustrans**  
JOIN THE MOVEMENT

Supported by



Day, Time	Walk programme	Start from	General Information
<p><b>Mon</b> 11:00 to 12:00 Weekly</p>	<p><b>Bramingham Senior Striders</b></p>	<p>St Margaret's Parish Centre, Lucas Gardens, LU3 4BG</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted towards senior citizens</li> <li>• Moderate to fast pace</li> <li>• Bramingham, Marsh Farm, Barton (Warden Hill) and Limbury area</li> </ul>
<p><b>Weds</b> 9:15 to 9:55 Weekly</p>	<p><b>L&amp;D Hospital: Physiotherapy Out-patient referral</b></p>	<p>L&amp;D Hospital, Physiotherapy Department, St Mary's Wing, LU4 0DZ</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted towards physiotherapy outpatients</li> <li>• Slow to moderate pace</li> <li>• Lewsey and Leagrave area</li> </ul>
<p>12:30 to 13:00 Weekly</p>	<p><b>L&amp;D Hospital: Wednesday Walkers</b></p>	<p>L&amp;D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted at L&amp;D employees</li> <li>• Moderate to fast pace</li> <li>• Lewsey and Leagrave area</li> </ul>
<p>14:00 to 15:00 Weekly</p>	<p><b>Stopsley Walkers</b></p>	<p>Jansel House, Hitchin Road, LU2 7XH</p>	<ul style="list-style-type: none"> <li>• Open to all; slow to moderate pace</li> <li>• After-walk tea &amp; coffee at Nibblers sandwich bar</li> <li>• Stopsley, Putteridge area</li> </ul>
<p><b>Thurs</b> 12:30 to 13:10 Weekly</p>	<p><b>Walk the Talk</b></p>	<p>Town Hall steps, George St or University of Beds entrance, Park St, LU1 2BQ</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted to town centre-based employees</li> <li>• Moderate to fast pace</li> <li>• Town centre and surrounding environs</li> </ul>
<p>14:00 to 15:00 Weekly</p>	<p><b>Whipperley Walkers</b></p>	<p>Whipperley Medical Centre, Whipperley Ring, LU1 5QY</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted to GP referrals and parents 'n' tots</li> <li>• Moderate pace</li> <li>• Farley area</li> </ul>
<p><b>Fri</b> 12:30 to 13:10 Weekly</p>	<p><b>Putteridge Plodders</b></p>	<p>University of Bedfordshire, Putteridge Campus, LU2 8LE</p>	<ul style="list-style-type: none"> <li>• Open to all - targeted to University of Beds employees</li> <li>• Moderate to fast pace</li> <li>• Putteridge and Stopsley area</li> </ul>