Health Walks in Cherwell and South Northants

What are Health Walks...

Health walks are open to everyone but are especially aimed at those who are least active.

Our health walks are free and are led by friendly, specially trained volunteers who are on hand to provide encouragement and support.

Health walks are part of a national initiative called Walking for Health which has been developed locally by Cherwell District Council and South Northamptonshire Council.
What to expect...
Volunteer Walk Leaders will introduce themselves, identify the intended route and warn of any ‘hazards’ along it.

Generally, one of the Walk Leaders will walk at the front and the other at the back of the group. All Walk Leaders have been trained and will carry appropriate equipment.

Walks consist of a gentle warm up walk, followed by a ‘more brisk’ pace, getting the heart pumping a little, then a gentle cool down as the walk comes to an end.

Our Grade 1 walks are ideal for beginner walkers or for those who are recovering from an illness or have a long-term condition.

What to wear or bring...
You should wear loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes, all appropriate to the weather. You may also like to bring a small bottle of drinking water with you.

Afterwards...
You will be invited to join the other walkers and the Walk Leaders for tea and coffee.

Volunteer with us...
If you would like to offer your help to support this scheme as a volunteer by becoming a Walk Leader, please contact Colin Hull, the scheme co-ordinator, to find out about the free training, support and guidance available.
Grade 1 -
up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no

Grade 2 -
between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly

Grade 3 -
between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Progression Walks -
longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.

Walks in South Northamptonshire

Aynho
- Meet at the sports pavilion, off Charlton Road for all walks
  Track Walk
  - Thursdays at 10am

Grade 1

Strollers
- Thursdays at 10am

Grade 2

Health Walk
- Thursdays at 10am

Grade 3

Blisworth
- 2nd & 4th Tuesday of each month
  - Starts at 9:30am from the car park, Eastfield

Brackley - Short Walk
- Wednesdays at 10:15am
  - Meet at Brackley Library

Brackley
- Wednesdays at 10am
  - Meet outside the Town Hall

Grade 2

Cogenhoe
- Fortnightly from Thursday 11th October 2018
  - 10am from The Scout Hut

Grade 3

Cogenhoe - Saunter
- Fortnightly from Thursday 4th October 2018 at 10am
  - Meet at the Village Hall

Grade 1

Deanshanger
- The 1st & 3rd Wednesday of each month
  - Meet at Deanshanger Library at 2pm

Grade 2

Grange Park
- Every Friday at 9:30am
  - Meet at the Kairos Centre

Grade 3

Greatworth
- Last Tuesday of every month starting at 10am
  - Meet at the village shop

Grade 1

Hartwell
- 1st & 4th Saturday of each month at 11am
  - Meet at the Conservative Club on Forest Road

Grade 3

Helmdon
- Every Thursday at 1:45pm
  - Meet at the Reading Room, Church Street

Grade 3

Kings Sutton - Shorter Walk
- Every Friday at 10am
  - Meet at the Millennium Memorial Hall

Grade 2

Kings Sutton
- Every Friday 9:45am
  - Meet at the Millennium Memorial Hall

Grade 3

Middleton Cheney - Street Stroll
- 4th Monday of each month
  - 3+ mile

Progression walk
- 5th Monday of each month
  - 4+ miles

Grade 3

Middleton Cheney - Street

Stoke Bruerne
- Fortnightly from Wednesday 10th October
  - Starts at 10am from the Navigation pub car park

Grade 1

Towcester – Short Walk
- Thursdays at 10:15am
  - Meet at Towcester Library

Grade 1/2

Towcester
- Fridays at 10am
  - Meet outside Waitrose

Grade 2

Towcester
- Sundays at 10:30am
  - Meet outside Waitrose

Grade 2

Weston
- Tuesdays at 9:30am
  - Short and long walk
  - Meet at the Old Chapel

Grade 2/3

Wicken
- 1st Thursday & 3rd Saturday of each month
  - 10am at Wicken Sports Club

Grade 2
Grade 1 -
up to 30
minutes on flat
ground or gentle
slopes with
mainly firm
surfaces and no
steps or stiles.

Grade 2 -
between 30 and 60
minutes and may
include some
moderate slopes,
steps, uneven
surfaces and possibly
stiles.

Grade 3 -
between 45 and 90
minutes and may
include steeper
slopes, steps,
uneven surfaces
and stiles.

Progression Walks -
longer than 90
minutes and are likely
to include slopes,
steps, stiles and
uneven surfaces.

Walks in Cherwell

Banbury - Spiceball Park
• Tuesdays 10.30am
• Meet outside the
  Mill Arts Centre
• Grade 1/2/3

Banbury - Sainsbury’s
• Wednesdays 10.30am
• Meet in the lobby area
• Grade 1/2/3

Begbroke/ Yarnton
• Wednesdays 10.30am
• Meet in the car park
  outside the Royal Sun
• Grade 1/2/3

Bicester - Coker Close
• Saturdays 11.30am
• Meet in the Health
  Centre car park
• Grade 1/2

Bicester - Langford Village
• Sundays 11.30am
• Meet outside Langford
  Medical Centre
• Grade 1/2

Bicester - Bure Park
• Tuesdays 6.30pm
• Meet outside North
  Bicester Surgery
• Grade 1

Bicester - Health and
Wellbeing Centre
• Tuesdays at 10.45am
• Meet at the Centre
  Launton Road
• Grade 1

Bicester - Whitelands
• Thursdays 10am
• Meet at Whitelands Farm
  Sports Ground
• Grade 1/2

Bloxham
• Wednesdays 10.30am
• Meet on the green near
  the War Memorial
  opposite the Joiners Arms
• Grade 1/2/3

Kidlington
• Tuesdays 10.30am
• Meet in the precinct, off
  the High Street
• Grade 1/2

Launton
• Tuesdays at 2pm
• Meet at The Bull Inn
• Grade 1/2

Longford Park, Bloxham
• Thursdays at 10am
• Meet at the Community
  Centre, Hobby Road
• Grade 1/2

Thrupp
• Mondays 10.30am
• Meet in the public
  car park, Thrupp
• Grade 1/2/3

Woodstock
• Tuesdays 10.15am
• Meet at Brook Hill/
  Upper Brook Hill
  junction by Spencer
  Court
• Grade 1/2/3

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Cherwell
District Council
North Oxfordshire

walking for health

South
Northamptonshire
Council