

Northampton Health Walks January 2017

Health Walks are an excellent way to stay active and explore Northampton's parks and open spaces. A great chance to meet new people, enjoy the fresh air and best of all they are completely FREE. Our walks are led by friendly volunteer Walk Leaders.

Day	Walk	Meeting Point	Time	Leaders	Grade
Monday	Active Billing Community (short walk)	Bellinge Community House, NN3 9AQ	11:00am 30-40 mins	Bob	2
	Active Billing Community (long walk)		11:45am 60 mins		3
	Pauls Walk	Various (check website for details)	2:00pm 20-30 mins	Erika – 07551 954010	1
Tuesday	Kingsthorpe	Kingsthorpe College NN2 7HR	9:30am 45-60 mins	Alex	2
	Hunsbury Hill Country Park (1 st & 3 rd Tuesday)	Drovers Return Café NN4 9RR	10:00am 45-60 mins	Jane	2
	Eastfield	Outside Morrisons (Kettering Road) NN3 6AA	10:30am 45-60 mins	Shirley Barbara Pauline	2
Wednesday	Delapre Abbey	Abbey Car Park NN4 8AW	10:00am 45-60 mins	Max	3
	Harlestone Heath	Wyevale Garden Centre NN5 6UJ	2:00pm 30-40 mins 45-60 mins	Various	1 2
Thursday	Racecourse	Alliston Gardens Community Centre NN2 6AR	11:00am 45-60 mins	Val	2
Friday	Abington Park	Abington Park Café NN1 5LW	12:00noon 45-60 mins	Dorothy Sue	2
Saturday	St James	St James Library NN5 5LQ	10:00am 45-60 mins	Ellen	2
Sunday 2x walks a month call to more info	Abington Park Ladies only	Abington Park Café NN1 5LW	45- 60 mins	Sue 07799 273556	2

For more information contact Linda Savage, Sport & Health Development Officer:

Phone: 01604 837774

Email: lsavage@northamptonleisuretrust.org.uk