

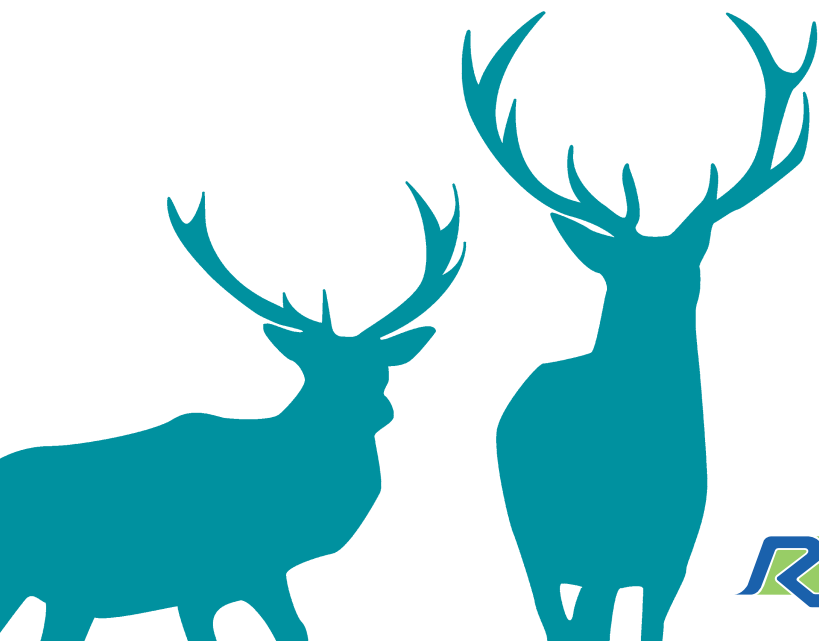
Health Walks in Richmond



Free, short, led walks in
the Borough of Richmond

Walks Timetable

www.richmond.gov.uk/health_walks



How can I take part?

Just turn up at the starting point fifteen minutes before the start time and introduce yourself to the walk leader. No special equipment needed – just wear **sturdy, comfortable** footwear and loose clothing. We also recommend you bring some water.

All walks return to the start point unless otherwise stated.

Due to possible changes in walking surface these walks are not recommended for pushchairs or wheelchairs.

For more information please visit
www.richmond.gov.uk/health_walks



Photo: Diana Lewis

Who are the walks for

The walks are for people of all ages who want to get more active.

What to expect

These gentle walks take place in groups and provide a safe and social atmosphere.

Each walk lasts between 45 and 70 minutes and will be led and supervised by walk leaders. You will be encouraged to go at a pace that is comfortable for you.

Shorter and slower walks are also available for beginners and those with limiting health conditions.



Photo: P.McMillen

Grades of walks

Regardless of the grade of walk you choose, we encourage you to walk at a comfortable pace. To get the most benefit from the walk, it is recommended that you aim to feel a little warmer, breathe a little harder and increase your heart rate but you should still be able to talk.

Grade 1



Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces.

Grade 2



Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes, steps and uneven surfaces.

Grade 3



For people looking for more challenging walks and increasing their level of physical activity. They are generally 45-90 minutes and may include steeper slopes, hills, steps and uneven surfaces.

Our weekly walks

Richmond Station - Mondays

Join us every Monday for a free, short and easy health walk around the green spaces local to Richmond train station.

When: Every Monday, 11.00am

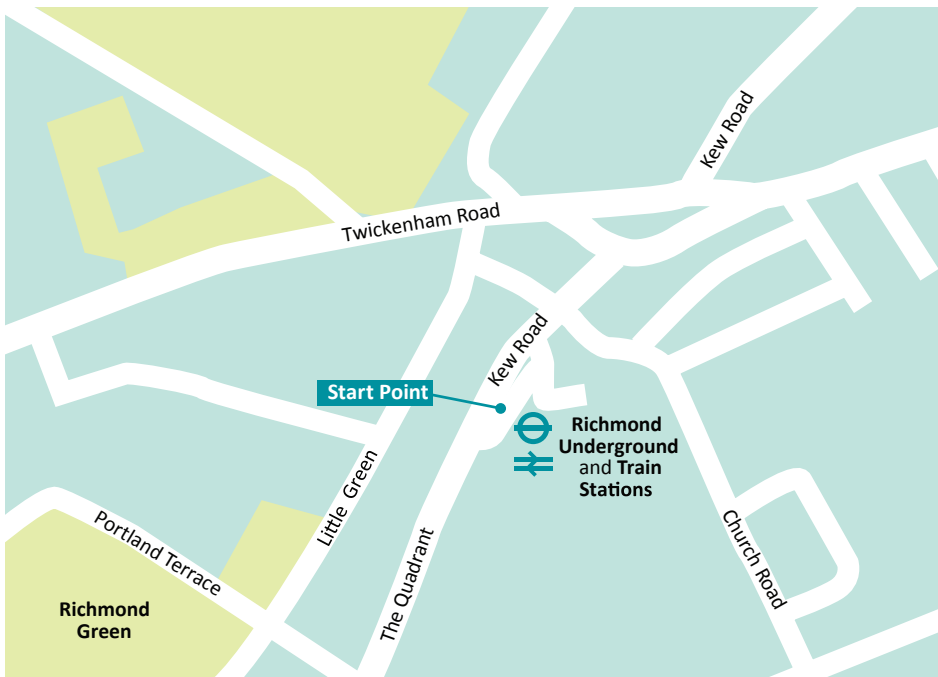
Duration: 30 minutes

Grade: 

Start & End point: Concourse in front of Richmond railway station, TW9 1EZ.

Alternative End point: Tide Tables Café, Richmond riverside, TW9 1TH.

Getting there: All bus and train routes into central Richmond.




Toilets available along route

Richmond Park - Tuesdays

Take a walk around beautiful, leafy Richmond Park.

When: Every Tuesday, 10.30am

Duration: 60 to 70 minutes

Grade:  Intermediate to advanced. Not suitable for beginners or those with limiting health conditions.

Starting point: Richmond Gate entrance to Richmond Park,
Richmond Hill TW10 5HU – meet inside gate on the grass area.

Finish point: Pembroke Lodge, Richmond Park

Getting there: Bus route 371 – ‘American University’ stop.
Parking is available in Pembroke Lodge carpark




Toilets available at Start/End



Ham - Wednesdays

A walk in Ham Lands and along the river. A flat walk with a mix of paved and grass surfaces.

When: Every Wednesday, 10.30am

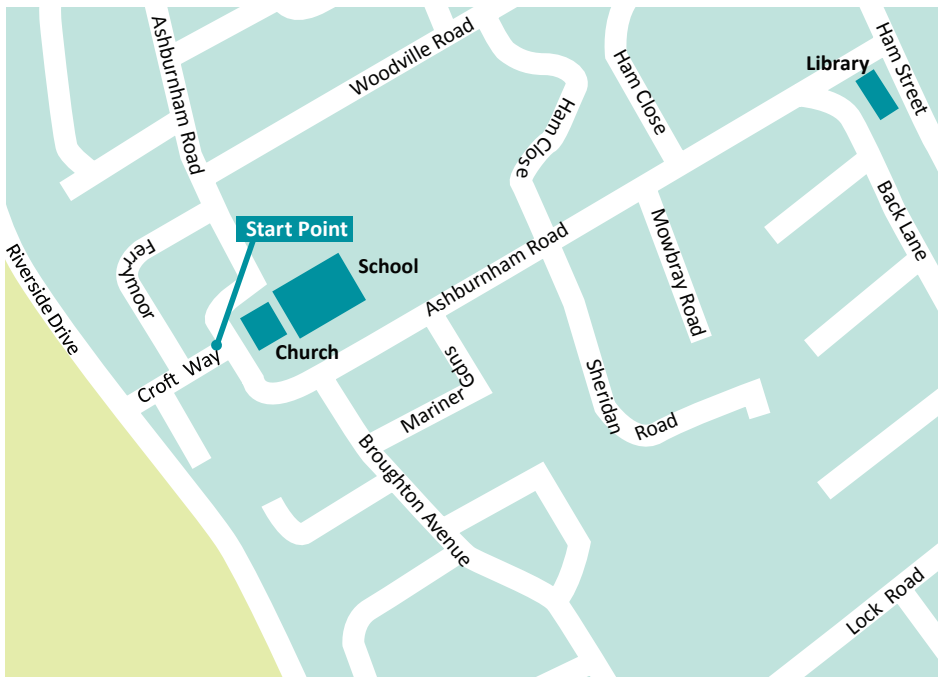
Duration: 40 - 60 minutes

Grade:  Short walk option of approximately 30 minutes

  Gentle to Intermediate

Start and end point: Tesco Express, Ashburnham Road, TW10 7NR.

Getting there: Bus route 371 (Mariner Gardens stop).
Free, on-road parking available.



Toilets available at Start/End

Mortlake - Thursdays

This walk has a number of routes along the riverside. Flat and solid walking surfaces.

When: Every Thursday, 10.30am

Duration: 50 - 60 minutes

Grade: 

Start and end point: Outside the Ship Inn, Ship Lane, SW14 7QR.

Getting there: Bus route 419 and Mortlake railway station.
Free, on-road parking available.




Toilets available at Start/End

Bushy Park - Fridays

A variety of walking routes in Bushy Park and the beautiful Woodland Gardens.

When: Every Friday, 10.30am

Duration: 55 - 70 minutes

Grade:  There are two groups - beginner to intermediate

Starting point: Laurel Road Gate, Bushy Park, TW12 1JH.

End point: Hampton Hill Gate, Bushy Park, TW12 1PA.


Getting there: Bus routes R68, 285 (Oxford Road stop) and R70 (Cross Street stop).
Free parking available in Laurel Road.



Toilets NOT available

Bushy Park - Sundays

Walk alongside the lakes, Home Park or Hampton Court.
Mostly flat on earth paths.

- When:** Every Sunday, 10.15am
Duration: 50 - 60 minutes
Grade: 
Start and end point: Pheasantry car park, TW11 0EW.

Getting there: Bus route 111 (Hampton Court Gardens stop).
Free parking available in car parks.
Please note you can no longer drive through the park, if you enter at Hampton Court Gate, you have to use Diana Car Park, if you enter at Teddington Gate, you will be using the Pheasantry Car Park.



Toilets available at Start/End


Longer Monday Walks

Richmond Riverside

Linear walk along the Thames Towpath. From Richmond along the riverside.

When: 1st Monday of the month, 10.30am

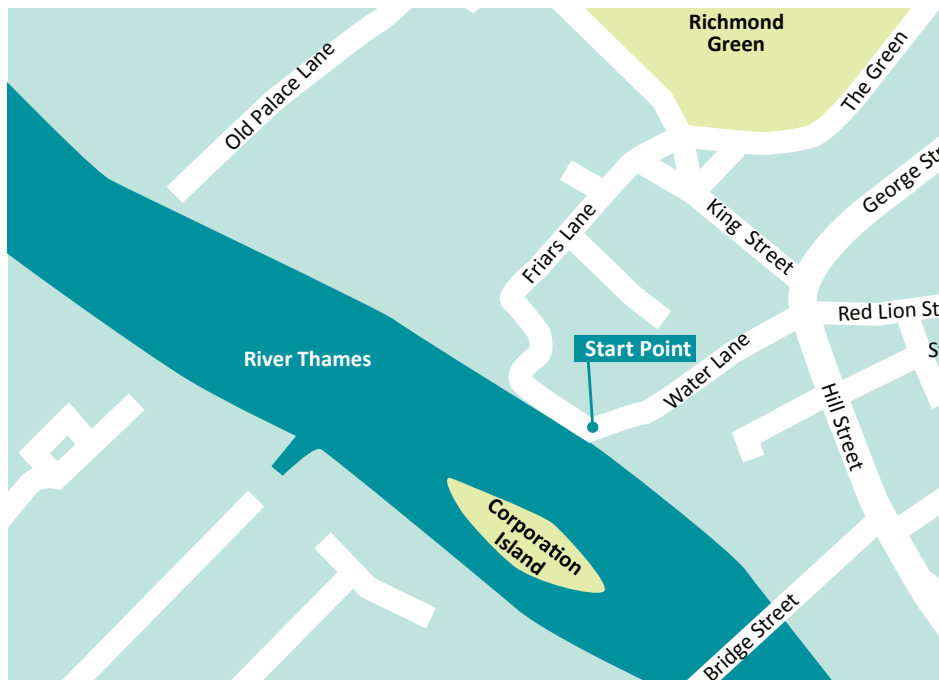
Duration: 1 - 1.5 hours

Grade:  Challenging. Not suitable for beginners

Starting point: White Cross Hotel, Water Lane, TW9 1TH.

End point: Boater's Inn, Kingston, KT2 5AU or
Ship Inn, Mortlake, SW14 7QR.

Getting there: Bus 33, 490, 969, H22, H37, R68, R70 –
George Street stop or bus station.




Toilets available at Start/End

Ham and Richmond Park

This linear walk follows a route around Ham and Richmond Park.
Includes a coffee stop.

When: 2nd Monday of the month, 10.30am

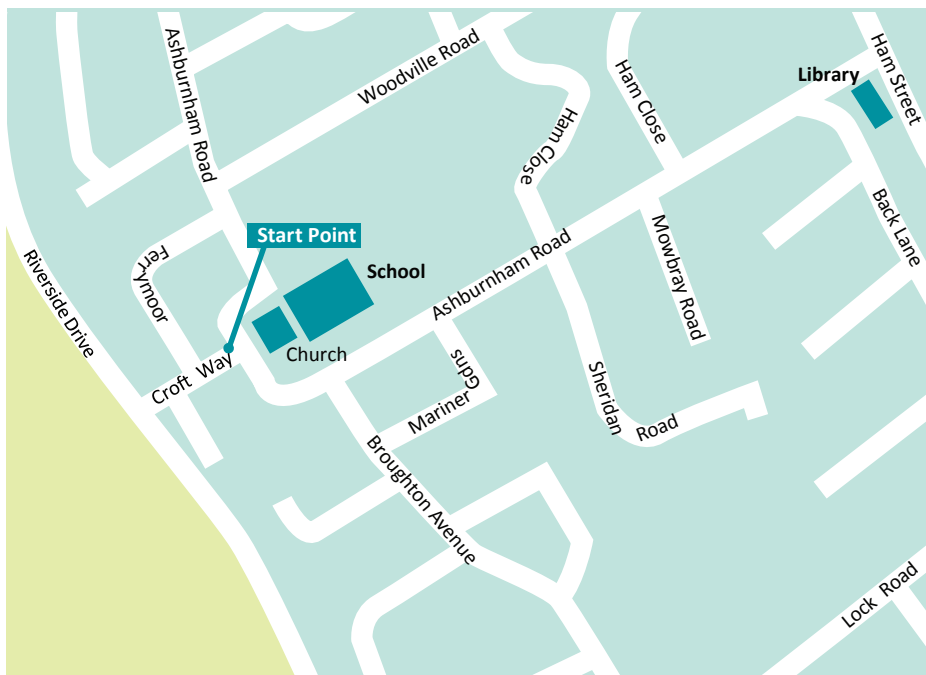
Duration: 1.5 hours

Grade:  Challenging. Not suitable for beginners

Starting point: Tesco Express, Ashburnham Road, TW10 7NR.

End point: Pembroke Lodge, Richmond Park.

Getting there: Bus route 371 (Mariner Gardens stop).
Free, on-road parking available.




Toilets available at Start/End

Bushy Park

A linear walk through the beautiful setting of Bushy Park to Hampton Court.

When: 3rd Monday of the month, 10.30am

Duration: 1 - 1.5 hours

Grade:  Challenging. Not suitable for beginners

Starting point: Laurel Road Gate, Bushy Park, TW12 1JH.

End point: Hampton Court / East Molesey
(check with leader at start of walk)

Getting there: Bus routes R68 and 285 (Oxford Road stop) and R70 (Cross Street stop). Free parking available in Laurel Road.




Toilets available at End only

Crane Park

A walk beside River Crane through Crane Park via a nature reserve.

When: 4th Monday of the month, 10.30am

Duration: 1.5 hours

Grade:  Challenging. Not suitable for beginners

Starting point: North west corner of Twickenham Green, TW2 5QA.

Getting there: Bus 110, 490, H22, 267, 281 and R70.
Paid parking available in some nearby roads.



Toilets available on route

Health Benefits of Walking

Walking is simple, free and one of the easiest ways to increase your level of physical activity. Joining one of our walks gives you the chance to explore the outdoors, get to know your local area and meet new groups of people.

Walking:

- **Helps your heart and lungs work better**
 - **Lowers your blood pressure**
 - **Keeps your weight down**
 - **Lightens your mood**
 - **Keeps your joints, muscles and bones strong**
 - **Increases 'good' cholesterol**
-

Walking regularly reduces the risk of a number of diseases and medical conditions such as...

- **Heart disease**
- **Type 2 diabetes**
- **Depression**
- **Osteoporosis**
- **Certain cancers**

...and it can also help you manage your illness and reduce the recurrence of disease.

About Health Walks in Richmond Borough

- These short, easy walks are led by trained volunteers
- There is a walk for everyone
- They are free
- They offer a safe, social atmosphere
- You can walk at your own pace
- For longer walks visit ramblers.org.uk

With Richmond Health Walks, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. Come along and join us.

www.richmond.gov.uk/health_walks

