

# Brighton & Hove Healthwalks Programme

## April 2017

**Healthwalks** are a great way for people of all ages and abilities, including those who have health conditions, to get more active. The walks start at under a mile in length on the flat, to more challenging countryside walks of 3 miles plus. There are regular walks on every day of the week, and a calendar of special one-off walks. The award-winning scheme has been providing walks all over the city for over 13 years and has helped thousands of local people to make new friends and improve their physical and mental health. All the walks are led by trained **Volunteer Healthwalk Leaders** who know the route and help everyone get the best out of their walk. Brighton & Hove **Healthwalks** is accredited by the national Walking for Health initiative ([www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk))

**Please note, the average person will walk 1 mile in 20 minutes so you can work out average walk times for each walk according to the mileage shown.**

### Frequently Asked Questions

#### "Can I just turn up?"

Yes, there's no need to book except on a couple of the one-off walks that include museum tours for example. Just introduce yourself to a Volunteer Healthwalk Leader (in green and white uniform) on arrival.

#### "What paperwork do I need to do?"

On your first walk aim to arrive ten minutes early and fill out a simple health questionnaire and an anonymous equal opportunities monitoring form. For all subsequent walks you will just need to add your name to the register.

#### "What should I wear on a Healthwalk & do I need to bring anything?"

Please wear comfortable shoes and clothing suitable to the weather. Some walk routes are exposed, so also ensure you have a drink and sunscreen with you.

#### "Can I bring my dog?"

Yes, well-behaved dogs on a lead are welcome except on the Cemeteries walk as dogs are not allowed in the city's extra-mural cemeteries.

#### USEFUL INFORMATION



Wheelchair & buggy friendly



Refreshments



Toilets



Some Hills

#### LEVEL OF ACTIVITY



Easy/beginners

















Easy/moderate



Moderate/Challenging




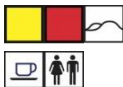
## Mondays

Name of walk	Venue	Time	Level	Cost
<b>Preston Park:</b> A friendly and popular 1.5 mile walk around the city's biggest public park	Meet at the Rotunda café, Stanford Avenue end of the park.	10am	<b>1.5 miles</b>       	FREE
<b>St Ann's Well Gardens:</b> Explore this lovely city centre park with this perfect beginners' walk. Includes a pick up from Wavertree House at 1.30 pm	Meet by the Garden Café.	2pm	<b>1 mile</b>       	FREE

## Tuesdays

Name of walk	Venue	Time	Level	Cost
<b>Seafront:</b> Enjoy a seafront stroll eastward to Brighton Marina or westward to Hove Lawns	Meet at the entrance to Brighton Pier.	10am	<b>1 mile</b>       	FREE
<b>Castle Hill/Woodingdean:</b> Explore this stunning chalk grassland National Nature Reserve in Woodingdean	Meet at the small carpark on Falmer Rd at the junction with Bexhill Rd.	10.30am	<b>2-3 miles</b>  	FREE
<b>Falmer &amp; Beyond Progression Walk:</b> Explore beautiful Falmer then finish at the university for a cuppa	Meet: Swan Pub, North Falmer.	<b>1pm</b> <b>First</b> <b>Tuesday of</b> <b>the month</b> <b>4/4</b>	<b>5 miles</b>  	FREE
<b>Cemeteries:</b> Explore Brighton's beautiful extra-mural and Woodvale cemeteries. *NB dogs are not allowed at the cemetery sites	Meet at The Gladstone Pub, 123 Lewes Rd.	<b>12.30pm</b> <b>Second</b> <b>Tuesday of</b> <b>the month</b> <b>11/4</b>	<b>1.5 or 2 miles</b>  	FREE
<b>Three Cornered Copse</b> A new monthly walk from Hove Park taking you through woodland pathways to Three Cornered Copse and back	Meet at Hove Park Cafe	<b>12.30pm</b> <b>Third</b> <b>Tuesday of</b> <b>the month</b> <b>18/4</b>	<b>2.5 miles</b>     	FREE



## Wednesdays

Name of walk	Venue	Time	Level	Cost
<b>Sheepcote Valley:</b> Enjoy panoramic views and a wealth of wildlife.	Meet at East Brighton Park café, off Wilson Avenue.	10.15am	<b>3 miles</b> 	FREE
<b>Hollingbury Hill Fort:</b> Explore some of the most historic and beautiful countryside that borders the city *see page 5 for the special walk on 26 April	Meet at the Hollingdean Sure Start Children's Centre, Brentwood Rd.	11am	<b>2.5 miles</b> 	FREE
<b>Brighton Women's Walk and Talk:</b> A chance to meet and chat with other women from around the city followed by a cuppa at the Women's Centre. <a href="http://www.womenscentre.org.uk">www.womenscentre.org.uk</a>	Meet outside Brighton Women's Centre (BWC), 72 High Street, Kemptown.	11.30am	<b>2 miles</b> 	FREE
<b>Nordic Progression Walks:</b> Practice and Develop your Nordic Walking skills. NB: you will need to complete the basic Nordic Walking Course before taking part*	Various Locations 1st & 3rd Wednesdays of the month *Contact <b>Peter@nordicwalkingforhealth.co.uk</b> for info.	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Weds of the month</b>	Up to 4 miles 	FREE* *Though there is a cost for the training

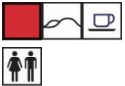
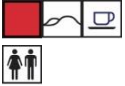

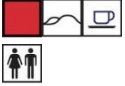
## Thursdays

Name of walk	Venue	Time	Level	Cost
<b>Hove Park Healthwalk</b> A great walk for beginners and those wanting gentle exercise	Meet at the Park café.	10.15am	<b>1.5 miles</b> 	FREE
<b>Stanmer Park Healthwalk:</b> A lovely 3-mile countryside walk through Millbank wood, finishing at the village tea rooms	Meet at the park gates Stoney Mere Way off Lewes Road.	11am	<b>3 or 5 miles</b> 	FREE

## Fridays

Name of walk	Venue	Time	Level	Cost
<b>Portslade Library Walk &amp; Read</b> Explore Easthill Park and Emmaus Community Garden then finish at the library for a browse and a cuppa!	Meet at Portslade Library.	10.15am	<b>2 miles</b> 	FREE
<b>Saltdean/Undercliff Healthwalk</b> Walk the historic Undercliff to Ovingdean Gap returning to Saltdean.	Meet outside Saltdean Library. <b>Last Friday of the month ending at the Marina</b>	11am	<b>3 miles</b> 	FREE

## Weekend

Name of walk	Venue	Time	Level	Cost
<b>Portslade/Benfield Valley Saturday</b> A more challenging walk with beautiful views.	Sainsbury's entrance by the cash machines.	11am	<b>3 – 3.5 miles</b> 	FREE
<b>Sheepcote Valley Progression Walk</b> A longer version of the popular Wednesday Healthwalk.	Meet at Dottie's café, East Brighton Park <b>1st Sat of the month: 1/4</b>	11am	<b>4.5 miles</b> 	FREE
<b>Balsdean Progression Walk Saturday</b> A lovely linear walk from Castle Hill, finishing at Kipling Gardens, Rottingdean.	Meet at car park by the junction of Falmer Rd and Bexhill Road, Woodingdean	<b>1pm</b>  <b>8/10, 12/11, 10/12, 14/1, 11/2, 11/3</b>	<b>4 miles</b> 	FREE
<b>Stanmer Park Sunday</b> A variety of lovely walks finishing at the Village Tea Rooms.	Meet outside the Village Tea Rooms. Bus: 78 to Stanmer Church.	10.45am	<b>3 – 3.5 miles</b> 	FREE

## Special Walks

Name	Venue & Time	Info	Cost
<b>Wednesday 12: Rottingdean Art Walk</b> Enjoy a walk to Kipling Gardens and then take some time to sketch the Spring flowers there. Please bring paper & something to draw with. No experience necessary.	Meet on The Green by Rottingdean pond <b>1-3pm</b>	<b>1 mile</b>  	FREE
<b>Wednesday 26: Hollingbury Hillfort Archaeology walk.</b> Step back in time on a special version of our Hollingbury Hillfort walk, with archaeologist Dr Matt Pope from University College London.	Meet at the Hollingdean Sure Start Children's Centre, Brentwood Rd. <b>10.45am</b>	<b>2.5 miles</b>  	FREE

## Progression Walks in partnership with Brighton & Hove Ramblers

Walks sharing Ramblers routes, exploring some of the most beautiful parts of our city such as Stanmer and Race Hill, and beyond the city limits including Telscombe and Shoreham.

**Meet 10.30am first Monday of every month**

**3 April, Stanmer Park/Falmer Village and the Downs circular walk, 4.5 miles**

Meet Lower Lodges entrance to Stanmer Park BN1 9SE

 FREE

For more details: [www.bahr.org.uk](http://www.bahr.org.uk)

## Venue List & Bus info

Venue Name & address	Buses	Venue Name & address	Buses
<b>Brighton Women's Centre</b> 72 High Street, Kemp Town	BN2 1RP 1, 2, 7, 14, 81	<b>Castle Hill Nature Reserve</b> Car park off B2123 Falmer Road at junction with Bexhill Road	2, 2a, 22 at grid reference TQ356063
<b>East Brighton Park</b> Park Café, off Wilson Avenue, Brighton BN2 5PB	1, 1a, 1b, 1c, 7, 21	<b>Falmer Village: Swan Pub</b> Middle Street, North Falmer BN1 9PD	15, 23 (to Mill St) 28, 29 (Falmer Village)
<b>Hollingdean Sure Start Centre.</b> Brentwood Road, Brighton BN1 7DY	50	<b>Hove Park Café,</b> Old Shoreham Road, Hove BN3 7AP	5b
<b>Portslade Library</b> Old Shoreham Road, Portslade BN41 1XR	2, 2a, 2b, 6, 49, 59, 66	<b>Preston Park: Rotunda Café</b> Stanford Avenue end of park. BN1 6HL	5, 5a, 5b, 17, 40, 40x, 273
<b>Rottingdean Pond</b> The Green, Rottingdean BN2 7HA	2, 12, 12a, 14, 14a,b,c, 27	<b>Sainsbury's Portslade</b> Sainsbury's Superstore, Hangleton Link Road, Hove BN3 7GD	6, 6a, 46, 46a
<b>Seafront: Brighton Pier</b> Madeira Drive BN2 1TW	Any Bus to Old Steine	<b>Saltdean Library</b> Saltdean Park Road BN2 8SP	12, 12a, 14, 14c, 27, 47
<b>St Ann's Well Garden, Garden Café</b> Sommerhill Road, Hove BN3 1RP	21a, 7	<b>Stanmer Park Lodge/Park Gates,</b> Stoney Mere Way off Lewes Road <b>Village Tearooms,</b> 17-18 Stanmer Village, Brighton BN1 9PZ	25a/b/c, 23, 78  78
<b>The Gladstone Pub</b> 123 Lewes Road, Brighton BN2 3QB	24, 25, 49		

### Contact us

01273 292564 or 012732974

email: [healthwalks@brighton-hove.gov.uk](mailto:healthwalks@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)

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