

# Test Valley Health Walks

## Why walk?

If you find it difficult to get active, why not start walking? It is easy to get started and counts towards your recommended amount of physical activity, and it's free!

## Benefits include:

- Opportunities to socialise, meet new people and explore new places
- Maintaining a healthy weight
- Preventing or managing various conditions including heart disease and high blood pressure
- Strengthening your bones and muscles
- Improving your confidence
- Improving your balance and co-ordination

For more information about Health Walks visit the Cycling and Walking page in the Community and Leisure section of our website [www.testvalley.gov.uk](http://www.testvalley.gov.uk), call **01264 368000** or email [Healthwalks@testvalley.gov.uk](mailto:Healthwalks@testvalley.gov.uk)

## Interested in becoming a Walk Leader?

Test Valley Health Walks would not exist without our fantastic volunteer walk leaders.

As a volunteer walk leader, you will be helping people in your community to get active and healthy, providing vital support that they might not otherwise get.

Full training will be provided and you will receive on-going support from Test Valley's scheme co-ordinator. Duties include welcoming new and existing walkers to each walk, taking an attendance register, assisting new walkers to complete a health questionnaire and leading a safe, fun and enjoyable walk.



**The Health Walks are free, a great way to get active and provide opportunities to explore what's on your doorstep in the company of others.**

Each walk is led by qualified volunteer walk leaders with some offering a fast, moderate and gentler paced walk. They last around 60 minutes with the distance being between 2-3 miles. Most walks end with a chance to stay for a drink and chat. Shorter walks can be accommodated.

See reverse for more details.

# South Test Valley Health Walk Schedule 2026

| Walk                       | Date                                   | Time    | Meeting point / walk notes                                                                                                                                                                                                                                |
|----------------------------|----------------------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Romsey Area</b>         | Monday                                 | 10am    | 1st and 3rd Monday Romsey Cricket Club (next to Romsey Rapids) SO51 8AF.<br>W3W: ///ratty.freezers.freezing<br>2nd & 5th Monday Braishfield Village Hall, Braishfield Road SO51 0PN.<br>W3W: ///greet.cascade.state<br>(4th Monday 'away walk' location)* |
|                            | Sunday                                 | 10am    | The bottom of the small steps between Lortemore Place Car Park and Latimer Street.<br>W3W: ///waking.appetite.saves                                                                                                                                       |
| <b>Braishfield</b>         | Tuesday                                | 10am    | Braishfield Village Hall, Braishfield Road SO51 0PN                                                                                                                                                                                                       |
| <b>Abbotswood</b>          | 2nd and 4th<br>Tuesday of the<br>month | 10am    | Abbotswood Sports Pavilion, Cutworth Way, Romsey, SO51 0DS.<br>W3W: ///spend.embers.dignify                                                                                                                                                               |
| <b>Wellow</b>              | Wednesday                              | 1.30pm  | 1st Wednesday Wellow Village Hall, Buttons Lane, SO51 6BR. W3W: ///reform.tell.goodnight<br>All other Wednesdays Canada Common car park, SO51 6DH. W3W: ///expect.suits.point                                                                             |
| <b>North<br/>Baddesley</b> | Thursday                               | 10am    | North Baddesley Sports & Recreation ground, Castle Lane, SO52 9EA.<br>W3W: ///shrimp.stowing.items<br>(Last Thursday of the month 'away walk' from different location.)*                                                                                  |
| <b>Stockbridge</b>         | Alternate Fridays,<br>from 30 January* | 10am    | Various start points depending on the route *<br>Please contact the Health Walks team for details                                                                                                                                                         |
| <b>Valley Park</b>         | Saturday                               | 10.30am | St Francis School car park, Valley Park SO53 4ST<br>W3W: ///lively.along.mutual                                                                                                                                                                           |

**\*These walks have 'away walks' when they start from a different location, therefore please check the start location with the Health Walks team.**