

Test Valley Health Walks

North
Test Valley

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, call **01264 368000** or email 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.

North Test Valley Health Walk Schedule 2026

Walk	Date	Time	Meeting point / walk notes
Andover	Alternate Tuesdays, from 13 January*	10:30am	The Lights Theatre, West Street, SP10 1AH. W3W: ///activism.digitally.perused Please contact the Health Walks team for details
Picket Twenty	Alternate Wednesdays from 7 January	9.45am	Greggs/Starbucks - Lidl - Columbus Way, 55-minute circular walk, W3W: ///briefing.reissued.riot
East Anton	Alternate Wednesdays from 14 January	9.45am	East Anton Sports Pavilion SP11 6AB. W3W: ///sandpaper.twisty.debating
Sensory Walk - Charlton Lakes	1st and 3rd Thursday of every month, starting 15 January	10am	Charlton Lakeside Car Park, Charlton Road, Charlton, Andover, SP10 4AJ. W3W: ///prettiest.optimally.breathing Please book your place on the walk prior to attending via Janet Mason: janetmason@btopenworld.com
Charlton Lakes	2nd and 4th Thursday of every month	10.15am	Meeting at The Charlton Lakeside Café, Charlton Rd, Charlton, Andover SP10 3JH. W3W: ///type.charities.rankings Free parking is available at: Charlton Road, Charlton, Andover, SP10 4AJ. W3W: ///prettiest.optimally.breathing Andover Athletics Club, West Portway, Andover SP10 3LF. W3W: ///pairings.scouting.warnings

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