

Get fit, get healthy and make new friends!

To stay healthy, adults should try to be active daily and should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as cycling or fast walking every week. This can be broken down into ten minute sessions!

Regular walking as a form of moderate intensity physical activity can:

- Reduce the risk of heart disease, stroke, diabetes and high blood pressure
- Improve your mood and reduce the risk of depression
- Improve muscular strength and make bones stronger
- Help manage your weight
- Improve energy levels and make you sleep better

“I heard about the walks from Sunrise Radio. I love the walk, it is very good and I have made many friends. The leaders are excellent and it helps your health!”

Niranjana Rupandia, South Harrow & Rayners Lane walker

You do not need to book

Just turn up on the day, but please:

- Ensure that you bring any relevant medication with you
- Arrive at the meeting point 10 minutes prior to the start of the walk (you will have to fill in a brief health questionnaire)
- Wear comfortable clothing and footwear
- Consult your GP before attending a walk if you have any health concerns

“What a life-enhancing discovery these ‘Harrow Health Walks’ have been! The satisfaction of getting a bit of exercise in the open air whilst chatting with new-found friends on the walk. So much more rewarding than spending the same amount of time – or more – sitting in front of the television.”

Barry M, South Harrow

Please note: Walks are weekly unless it states otherwise – we walk rain or shine!

For more information about the walks or becoming a volunteer walk leader, call:

020 8420 9526
www.harrowhealthwalks.org



Join other walkers for a leisurely and social health walk near you...

Harrow Health Walks are FREE and provide local residents with an opportunity to walk regularly in a relaxed and friendly environment and enjoy some beautiful green spaces. The walks are led by qualified leaders, who encourage you to walk at your own pace. Everyone is welcome, regardless of age and fitness level.

Walking for Health is a nationally robust programme. Harrow Health Walks is a fully accredited scheme.



MONDAY

South Harrow Circular



Roxeth Recreation Park, South Hill Ave and surrounding area. Route includes rough ground and steep gradients.

TIME: Every Monday at 10.30-11.30am

MEET: South Harrow Tube Station, Ticket Hall

BUS: 114, 140, 258, 395, H9, H10, H12

TUESDAY

Harrow Recreation Walkers



Beginner's walk for new walkers or those less able. Very flat. Easier routes available – speak to the Walk Leaders. Route includes benches, a water fountain and toilets.

TIME: Every Tuesday at 10.30-11.00am

MEET: Hindes Rd Entrance to Harrow Recreation Ground

BUS: H14 directly or any bus stopping at Harrow Bus Station (meeting point 5 min walk)

Harrow Three Parks Walk



Harrow-on-the-Hill, Harrow Recreation Ground and West Harrow Park. Mostly flat, even ground although sometimes with a steep hill at the start.

TIME: Every Tuesday at 2.00-3.15pm

MEET: Harrow-on-the-Hill Tube Station,
Lowlands Road side

BUS: 114, 140, 183, 223, 340, H9, H10, H11, H14, H17, H18, H19

WEDNESDAY

Northwick Park Wanderers



Some rough ground with occasional gradients. Usually follows Harrow School or Preston Road route. The route may vary.

TIME: Every Wednesday at 10.30-11.30am

MEET: Northwick Park Tube Station
(inside the Ticket Hall)

BUS: 223, 186, H10, H9, H14



LEVEL OF DIFFICULTY

- 1 Easy, no gradients, even ground
- 2 Moderate, some slight gradients, some uneven ground
- 3 Moderate to difficult, includes gradients, mostly even ground
- 4 Difficult, includes gradients, rough ground



SUITABLE FOR
WHEELCHAIRS OR
PUSHCHAIRS



INCLUDES STEPS
OR STILES

THURSDAY

Pinner Memorial Park Beginners Stroll



This is a short, up to 30 minute, slower paced walk on mainly flat ground around the beautiful Pinner Memorial Park. Route includes benches and toilets. This walk is great for those new to walking or those who are less able to tackle our other walks. Paths and grassy areas can be slippery when wet so please ensure you have suitable footwear.

TIME: Every Thursday from 10.00-10.30am

MEET: The 'Daisy's in the Park' Café at West House,
Pinner Memorial Park

BUS: H11, H12, H13, 183

Pinner Walk



Take a trip around historical Pinner. Most weeks the walks are one hour in duration with a completely flat walk on the third Thursday of month.

TIME: Every Thursday at 10-11am*

MEET: The 'Daisy's in the Park' Café at West House,
Pinner Memorial Park

BUS: H11, H12, H13, 183

*There is a longer, more challenging walk on the first Thursday of the month (includes a hill, approximately 1hr 25 mins).

FRIDAY

North Harrow Circular



This walk includes parts of Pinner Park Farm and Headstone Manor Recreation Ground, the walking pace is likely to be moderate to fast, not a beginners walk.

TIME: Every Friday at 11am-12.15pm

MEET: North Harrow Underground Station

BUS: H9, H10, H18, H19, 183

SATURDAY

Rayners Lane Ramblers



Mainly off road and very green. Can be muddy, especially after rain. The route varies.

TIME: Every Saturday 10-11am

MEET: Rayners Lane Tube Station

BUS: H9, H10, H12, 398

SATURDAY

The Belmont Rattlers Walks



(SUMMER WALKS ONLY – APRIL TO OCTOBER)

This is a walk in two 90 minute parts, you can do either or both walks and taken together it is a circular route and there is a break for tea between them. It is a lovely ramble along an old railway line which includes a steep gradient and mainly rough ground. Waterproof footwear recommended after wet weather.

TIME: On the second Saturday of the summer months

MEET: Part 1 2pm-3.30pm: meet at the Wealdstone
Side of Harrow and Wealdstone Station

Part 2 4pm-5.30pm: meet at St John's
Church Stanmore

BUS: 140, 182, 186, 258, 340, H9, H10 (or you may get
the bus back from Stanmore – 340, H12, 142)

SATURDAY

Grim's Dyke Heritage Trail



**WE ALSO RUN THIS LONGER, MORE CHALLENGING
WALK FOR EXPERIENCED WALKERS**

Circular walk. Approx 4.5 miles, including a rest break at the scenic Old Redding. Rough ground. Waterproof footwear recommended after wet weather.

TIME: The 1st Saturday of every month, 11.00am-1.15pm

MEET: Simply Daisy's Cafe, behind Arts Centre, Hatch End

BUS: H14, H12

NORDIC WALKING SESSIONS

Harrow Nordic Walkers group is an extension of the Health Walks Scheme. Nordic Walking is an enhancement of ordinary walking as it makes something we can all do... twice as effective!

Nordic Walking uses poles to add two major benefits to walking:

- 1) the upper body muscles are used as well as the legs and
- 2) the poles help to propel the walker along – you work harder than usual yet the support given by the poles makes it feel easier!

For further information please go to our website,
www.nordicwalkingharrow.co.uk

