

Information about Lifewalks.

What is Lifewalks?

Lifewalks is a walking for health scheme organised by Harlow District Council Leisure Services in partnership with Epping Forest District Council. Lifewalks is approved by local doctors and hospitals and the West Essex Primary Care Trust. It is part of the national campaign **Walking the way to health** which is promoted by Natural England in partnership with the Department of Health

Every week, Lifewalks offers a choice of group walks, led by specially trained staff. There are walks across the Harlow District so you will find one near you. You do not have to live in the District to join Lifewalks.

Why go walking?

Walking is fun, cheap and a form of exercise everyone can do. Going for a walk just three times a week can reduce your risk of:

- having a **stroke** - by up to 60%
- developing **heart disease** - by up to 50%
- developing **diabetes** - by up to 50%
- developing **arthritis, osteoporosis and Alzheimer's disease** - by up to 20%

Walking is also the ideal activity if you are recovering from a **heart attack** or **heart surgery**, or are feeling **stressed** or **depressed**.

What kind of walking should I be doing?

You only need to walk a **little faster than usual**. Health walks are not 'power' walks. You just need to walk as though you are a bit late for an appointment. Fast enough to **get warm**, but not sweaty. **Breathe a little faster**, but still able to talk normally. **Feel as though you have had some exercise**, but could still do a bit more.

For just 20 - 30 minutes, walking a little faster than usual and without stopping gets your heart rate up. That's what does you good, so on Life walks you should only stop for a rest if you need to. Ideally you should exercise five times a week for 30 minutes. That doesn't mean every session has to be a Lifewalk. In fact most people are only able to come on one or two Lifewalks each week. For your other sessions you should go out for a health walk just with your partner or friend. Or you could go for a swim, play badminton etc. there are dozens of activities to choose from. Even if you are only going to walk around the shops just walk a bit faster and you will still do yourself good.

What kind of walks do Lifewalks offer?

All the walks are around the local area and mostly on firm paths. The distances range from just under 1 mile to 3 miles. This may seem quite short but it's how fast you walk not how far. On days when we do a short route, we go round twice for those who want to do more. The paths are mostly gravel, grass or tarmac so are easy to walk on. The routes are all graded for the amount of effort needed. There is parking near all the meeting places most of which can be reached by bus.

How can I find out if it is safe for me to go on Lifewalks?

Everyone who joins Lifewalks is a bit worried about whether they will cope with the distances or trying to walk a bit faster than usual. We therefore recommend that you ask your GP if it is OK for you to join Lifewalks before you come along for the first time.

Whether or not you have seen your GP, we will ask you to fill in a short questionnaire about your general health on your first visit (please turn up 20mins before start time to allow time to do this). This will help us decide if it is safe for you to come on the walks. If we are in any doubt, we may not let you join until your GP has given his or her formal consent.

Footwear

For each walk we recommend dry, wet or very wet shoes:

Dry shoes are sturdy, flat lace ups. Trainers are suitable for Level A walks but only if the weather has been dry.

Wet shoes are sturdy, water resistant, flat lace up shoes or boots.

Very wet shoes are either walking boots or wellies.

Please do not wear slip-on shoes, open-toed shoes, or shoes with high heels. Please upgrade your shoes to the next level if it has been wet as even gravel paths can have muddy patches after rain. For example, if the route recommends **dry** shoes but it has rained recently, please wear **wet** shoes.

Please note we can't let you take part in a walk if the leaders feel your shoes are unsuitable.

Path surfaces

Paths can be tarmac, gravel, stony, grass or earth. Grass and earth paths may be uneven in places and possibly muddy and a bit slippery after rain. So please don't come on walks which are mostly on grass or earth paths if you have any problems with your back, hips, knees or ankles or are just generally a bit unsteady on your feet.

Weather

Life walks go ahead even in the rain.

Routes

Please see pages 5 - 11 for a description of each walk.

Gradients

Level A walks - These routes are on flat, hard surface paths. There may be a very short slope, one or two steps or a very short stretch of grass but that's all so everyone can do Level A walks.

Level B walks - Part of the route will include a grass or earth path section, and /or two or three short slopes, or one longer but gentle slope. These walks therefore need a bit more effort. Most people can do Level B walks right from the start but, if you have any breathing or mobility problems, do a few Level A walks before you try a Level B.

Level C walks - These walks include either a long or steep hill on good walking surfaces, or are not too hilly but have a longish grass or earth path section which can be quite hard to walk on.

Level D walks - These walks have a long steep hill and also may have an earth path section which can be hard to walk on. They therefore need a lot of effort.

Level E walk - This walk has several very steep hills and you should only do it if you can confidently walk a level D walk

Please do not come on Level C and D walks until the Lifewalks leaders have said it is safe for you to do so.

Longer walks

On most days when we do the shorter routes (1-1.4 miles) there will be the opportunity (for those of you who would like to) to do the route twice.

Enquiries

If you have any questions, please call Sara Morris at Harlow Council Leisure Services on 01279 446403

Email: sara.morris@harlow.gov.uk

Walk 1 Level B	River Stort - Parndon Mill & Maymeads Marsh 2.42 miles. Riverside, marshes & sculptures
Meet at	Burnt Mill Lane car park
Surface	Gravel and earth paths, wooden walkways
Footwear	Wet shoes
Gradient	Mostly flat with some inclines/declines over bridges. Some steps at the bridges.

Walk 2 Level C	River Stort - The Marshes 2.89 Miles. Riverside, marshes & woodland
Meet at	Burnt Mill Lane car park
Surface	Mostly gravel and earth paths, some wooden walkways and a little bit of tarmac.
Footwear	Very wet shoes
Gradient	A few long steep inclines/declines and a few mild slopes. (A stile at the entrance/exit to the marshes).

Walk 3 Level B	River Stort - Harlow Mill Bridge 2.20 miles. Riverside & Sculptures
Meet at	River Way car park (see map)
Surface	Earth paths
Footwear	Wet
Gradient	Mostly flat, a few steps at bridges.

Walk 4 Level B	River Stort - Latton Lock 1.90 miles. Riverside and Sculptures
Meet at Surface Footwear Gradient	River Way Car Park (see map) Earth Paths Wet shoes. Mostly flat.

Walk 5 Level B	Town Centre - Study Centre 3 miles. Wooded areas and large pond.
Meet at Surface Footwear Gradient	Three Horseshoes Pub car park Tarmac, earth and gravel paths. Wet shoes. Mostly Flat, some steep inclines in wooded areas.

Walk 6 Level B	Great Parndon - Hawkenbury Meadow 1 1 mile. Meadow and park area
Meet at Surface Footwear Gradient	Three Horseshoes Pub car park Tarmac grass and earth paths (Very Muddy) Very wet shoes. Mostly flat, one long hill and some very small slopes throughout.

Walk 7 Level C	Great Parndon - Hawkenbury Meadow 2 3 Miles. Meadow, green space & woodland.
Meet at Surface Footwear Gradient	Three Horseshoes Pub car park Tarmac, earth and gravel footpaths. Very wet shoes Mostly flat, some mild inclines/declines in the wooded areas. One long hill.

Walk 8 Level C	Parndon Wood Nature Reserve 0.68 miles. Woodland (Can go around twice)
Meet at Surface Footwear Gradient	Parndon Wood Nature Reserve car park. Earth and woodchip paths and a few wooden walkways (may be muddy). Wet shoes Small hills and slopes all the way round, one long incline and one long decline.

Walk 9 Level C	Hospital & Risdens Wood - Route 1 1.4 miles. Woodland
Meet at Surface Footwear Gradient	Parndon Wood Nature Reserve car park Earth paths with woodchip in areas Very wet shoes Mostly gently sloping inclines/declines with a few steeper slopes in places.

Walk 10 Level C	Hospital & Risdens Wood - Route 2 1.6 miles. Woodland
Meet at	Parndon Wood Nature Reserve car park
Surface	Earth paths with woodchip in areas.
Footwear	Very wet shoes
Gradient	Mostly gently sloping inclines/declines with a few steeper slopes in places

Walk 11 Level B	Stewards 1.8 miles - Hay meadows and small wooded area
Meet at	Parndon Wood Nature Reserve car park
Surface	Mostly tarmac paths with a few earth paths
Footwear	Dry Shoes
Gradient	Mostly flat with a couple of inclines

Walk 12 Level C	Town Park - Route 3 (marshes) 1.30 miles. Green space, woodland and marshes
Meet at	Netteswell Cross War Memorial car park
Surface	Tarmac and earth footpaths, wooden walkways through the marshes.
Footwear	Wet shoes
Gradient	Mostly flat, some mild inclines/declines in the park. Some steps and slopes in the marshes (there is a stile at the entrance/exit to the marshes)

Walk 13 Level C	Town Park - Route 4 1.5 miles. Green space.
Meet at	Netteswell Cross War Memorial car park
Surface	Tarmac Paths
Footwear	Dry shoes
Gradient	Varied, lots of inclines/declines and some flat areas

Walk 14 Level C	Churchgate Street - Route1 2 miles. Church, farmland and old buildings
Meet at	Please see map and directions for Churchgate Street walks
Surface	Earth, grass and tarmac paths
Footwear	Wet
Gradient	Long sloping inclines and declines

Walk 15 Level B	Churchgate Street - Route 2 1.75 miles. Church, farmland and old buildings
Meet at	Please see map and directions for Churchgate Street walks
Surface	Earth, grass and tarmac paths
Footwear	Wet
Gradient	Mostly flat with one long sloping incline

Walk 16 Level B	Churchgate Street - Harlowbury Church 1.5 miles. Fields, church & woodland
Meet at	Please see map and directions for Churchgate Street walks
Surface	Mostly earth footpaths along fields, some tarmac
Footwear	Wet Shoes
Gradient	Some long gentle slope and then mostly flat

Walk 17 Level B	Harlow Park Woods 2 miles. Woodland.
Meet at	Church Road opposite The Pub
Surface	Mostly earth and grass paths
Footwear	Wet
Gradient	Mostly flat

Walk 18 Level B	Latton Common 2 miles. Woodland.
Meet at	Latton Common Road
Surface	Earth and grass paths
Footwear	Wet
Gradient	Mostly flat some steady inclines and declines

Walk 19 Level D	Jean McAlpine Park 1.75 miles. Grass Fields & Parkland
Meet at	Please see map and directions
Surface	Grass and tarmac paths
Footwear	Wet
Gradient	Lots of hills, some quite steep

Walk 20 Level C	Mark Hall - Route 1 2 miles. Woodland areas, buildings & green space.
Meet at	Please see map and directions
Surface	Mixture of earth and tarmac paths
Footwear	Wet Shoes
Gradient	Mixture of flat areas, inclines and declines

Walk 21 Level B	Church Langley - Route 1 1.6 miles. Woodland.
Meet at	Please see map and directions
Surface	Tarmac and earth paths
Footwear	Wet
Gradient	Mostly Flat

Calendar of walks

New walkers - please read pages 1, 2, 3 and 4 before coming on your first Lifewalk. (Please arrive 20 mins early for your first walk)

Please see page 4 for explanation of "Level".

* Bank holiday therefore walks will not take place.

DATE	TIME	WALK NO.	MILES	LEVEL
Mon 1 st March	10am	1	2.42	B
Tues 2 nd March	2pm	6	1.00	B
Wed 3 rd March	10am	9	1.4	C
Thurs 4 th March	10am	15	1.75	B
Sat 6 th March	10am	13	1.5	C
Mon 8 th March	10am	18	2.00	B
Tues 9 th March	2pm	4	1.9	B
Wed 10 th March	10am	11	1.8	B
Thurs 11 th March	10am	20	2.00	C
Sat 13 th March	10am	14	2.00	C
Mon 15 th March	10am	12	1.3	C
Tues 16 th March	2pm	17	2.00	B
Wed 17 th March	10am	5	3.00	B
Thurs 18 th March	10am	16	1.5	B
Sat 20 th March	10am	10	1.6	C
Mon 22 nd March	10am	2	2.89	C
Tues 23 rd March	2pm	7	3.00	C
Wed 24 th March	10am	19	1.75	D
Thurs 25 th March	10am	8	0.68	C

Date	Time	Walk No.	Miles	Level
Sat 27 th March	10am	21	1.6	B
Mon 29 th March	10am	9	1.4	C
Tues 30 th March	2pm	13	1.5	C
Wed 31 st March	10am	3	2.2	C
Thurs 1 st April	10am	6	1.00	B
Sat 3 rd April	10am	15	1.75	B
Mon 5th April*				
Tues 6 th April	2pm	14	2.00	C
Wed 7 th April	10am	11	1.8	B
Thurs 8 th April	10am	18	2.00	B
Sat 10 th April	10am	20	3.00	C
Mon 12 th April	10am	16	1.5	B
Tues 13 th April	2pm	5	3.00	B
Wed 14 th April	10am	17	2.00	B
Thurs 15 th April	10am	10	1.6	C
Sat 17 th April	10am	12	1.3	C
Mon 19 th April	10am	8	0.68	C
Tues 20 th April	2pm	1	2.42	B
Wed 21 st April	10am	21	1.6	B
Thurs 22 nd April	10am	7	3.00	C
Sat 24 th April	10am	19	1.75	D
Mon 26 th April	10am	9	1.4	C
Tues 27 th April	2pm	15	1.75	B
Wed 28 th April	10am	13	1.5	C
Thurs 29 th April	10am	6	1.00	B
Sat 1 st May	10am	1	2.42	B
Mon 3rd May*				
Tues 4 th May	2pm	20	2.00	C
Wed 5 th May	10am	18	2.00	B
Thurs 6 th May	10am	14	2.00	C
Sat 8 th May	10am	3	2.2	B
Mon 10 th May	10am	16	1.5	B

Date	Time	Walk No.	Miles	Level
Tues 11 th May	2pm	10	1.6	C
Wed 12 th May	10am	12	1.3	C
Thurs 13 th May	10am	5	3.00	B
Sat 15 th May	10am	17	2.00	B
Mon 17 th May	10am	19	1.75	D
Tues 18 th May	2pm	2	2.89	C
Wed 19 th May	10am	8	0.68	C
Thurs 20 th May	10am	21	1.6	B
Sat 22 nd May	10am	7	3.00	C
Mon 24 th May	10am	13	1.5	C
Tues 25 th May	2pm	3	2.20	B
Wed 26 th May	10am	6	1.00	B
Thurs 27 th May	10am	15	1.75	B
Sat 29 th May	10am	9	1.4	C
Mon 31st May*				
Tues 1 st June	2pm	18	2.00	B
Wed 2 nd June	10am	20	2.00	C
Thurs 3 rd June	10am	4	1.9	B
Sat 5 th June	10am	11	1.8	B
Mon 7 th June	10am	17	2.00	B
Tues 8 th June	2pm	12	1.3	C
Wed 9 th June	10am	16	1.5	B
Thurs 10 th June	10am	10	1.6	C
Sat 12 th June	10am	5	3.00	B
Mon 14 th June	10am	7	3.00	C
Tues 15 th June	2pm	21	1.6	B
Wed 16 th June	10am	19	1.75	D
Thurs 17 th June	10am	8	0.68	C
Sat 19 th June	10am	2	2.89	C
Mon 21 st June	10am	6	1.00	B
Tues 22 nd June	2pm	9	1.4	C

Date	Time	Walk No.	Miles	Level
Wed 23 rd June	10am	15	1.75	B
Thurs 24 th June	10am	13	1.5	C
Sat 26 th June	10am	4	1.9	B
Mon 28 th June	10am	20	2.00	C
Tues 29 th June	2pm	11	1.8	B
Wed 30 th June	10am	14	2.00	C
Thurs 1 st July	10am	1	2.42	B
Sat 3 rd July	10am	18	2.00	B
Mon 5 th July	10am	12	1.3	C
Tues 6 th July	2pm	17	2.00	B
Wed 7 th July	10am	5	3.00	B
Thurs 8 th July	10am	16	1.5	B
Sat 10 th July	10am	10	1.6	C
Mon 12 th July	10am	2	2.89	C
Tues 13 th July	2pm	19	1.75	D
Wed 14 th July	10am	8	0.68	C
Thurs 15 th July	10am	7	3.00	C
Sat 17 th July	10am	21	1.6	B
Mon 19 th July	10am	1	2.42	B
Tues 20 th July	2pm	6	1.00	B
Wed 21 st July	10am	9	1.9	C
Thurs 22 nd July	10am	15	1.75	B
Sat 24 th July	10am	13	1.5	C
Mon 26 th July	10am	18	2.00	B
Tues 27 th July	2pm	4	1.9	B
Wed 28 th July	10am	11	1.8	B
Thurs 29 th July	10am	20	2.00	C
Sat 31 st July	10am	14	2.00	C
Mon 2 nd August	10am	17	2.00	B
Tues 3 rd August	2pm	12	1.3	C
Wed 4 th August	10am	16	1.5	B

Date	Time	Walk No.	Miles	Level
Thurs 5 th August	10am	10	1.6	C
Sat 7 th August	10am	5	3.00	B
Mon 9 th August	10am	8	0.68	C
Tues 10 th August	2pm	15	1.75	B
Wed 11 th August	10am	21	1.6	B
Thurs 12 th August	10am	7	3.00	C
Sat 14 th August	10am	19	1.75	D
Mon 16 th August	10am	9	1.4	C
Tues 17 th August	2pm	13	1.5	C
Wed 18 th August	10am	6	1.00	B
Thurs 19 th August	10am	20	2.00	C
Sat 21 st August	10am	1	2.42	B
Mon 23 rd August	10am	5	3.00	B
Tues 24 th August	2pm	2	2.89	C
Wed 25 th August	10am	18	2.00	B
Thurs 26 th August	10am	11	1.8	B
Sat 28 th August	10am	12	1.3	C
Mon 30th August				
Tues 31 st August	2pm	19	1.75	D

Meeting places

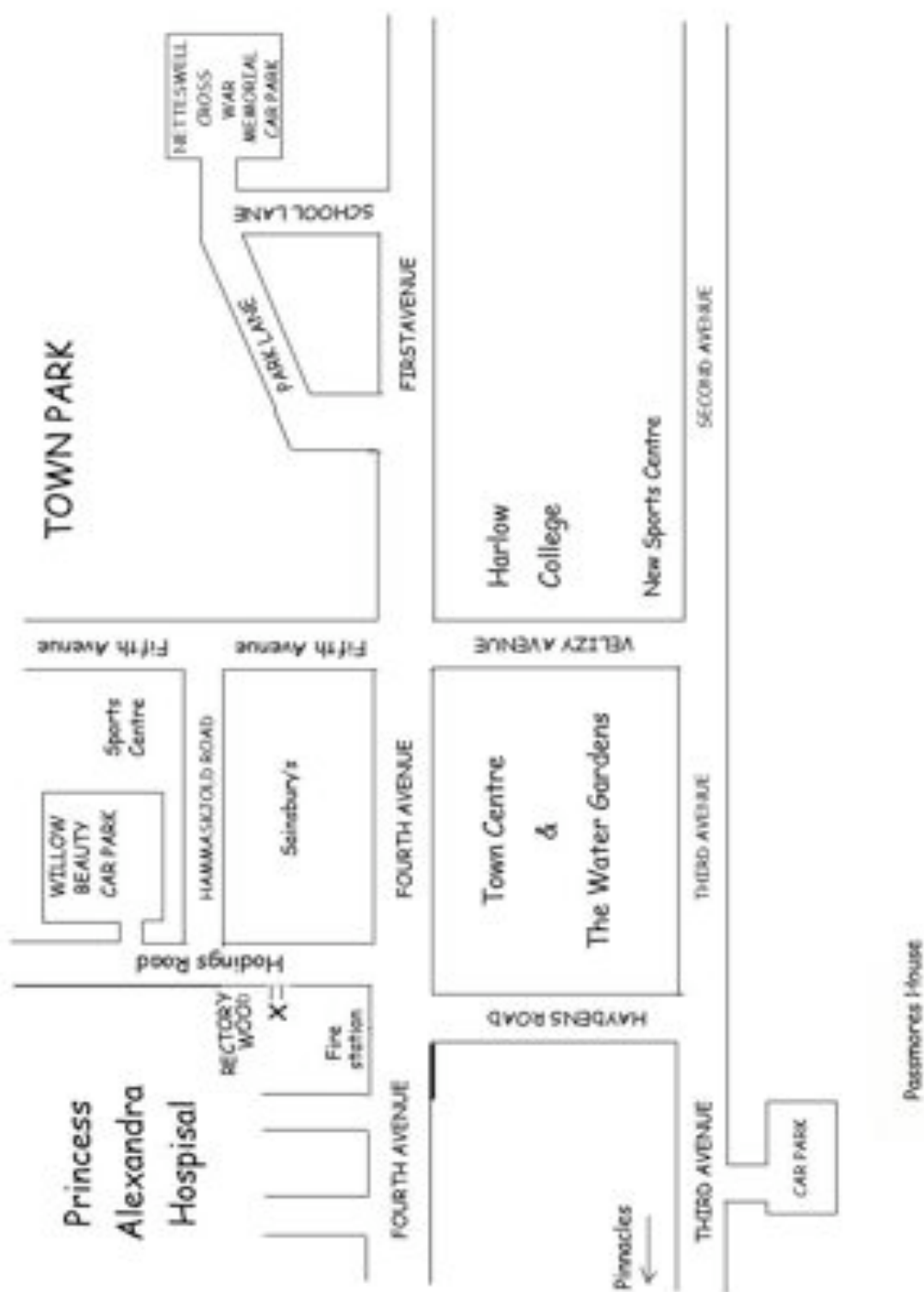
"SP" = signpost.

**THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINTS
START FROM THE WATER GARDENS ROUNDABOUT**

Town Park - Routes 3 & 4

Take Velizy Avenue to the next roundabout and turn right (3rd Exit First Avenue).
Turn left at School Lane and follow road to car park on right.

Map 1



THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINTS START FROM THE WATER GARDENS ROUNDABOUT

The River Stort - Parndon Mill & Maymeads Marsh, The River Stort - The Marshes

Take Velizy Avenue to the next roundabout and take the 2nd exit (Fifth Avenue), Continue along Fifth Avenue over the mini roundabout (3rd exit) to the next major roundabout, here take the 2nd exit (Fifth Avenue A414). Take the first right then turn right at the fork in the road and follow the road round to the left into the car park.

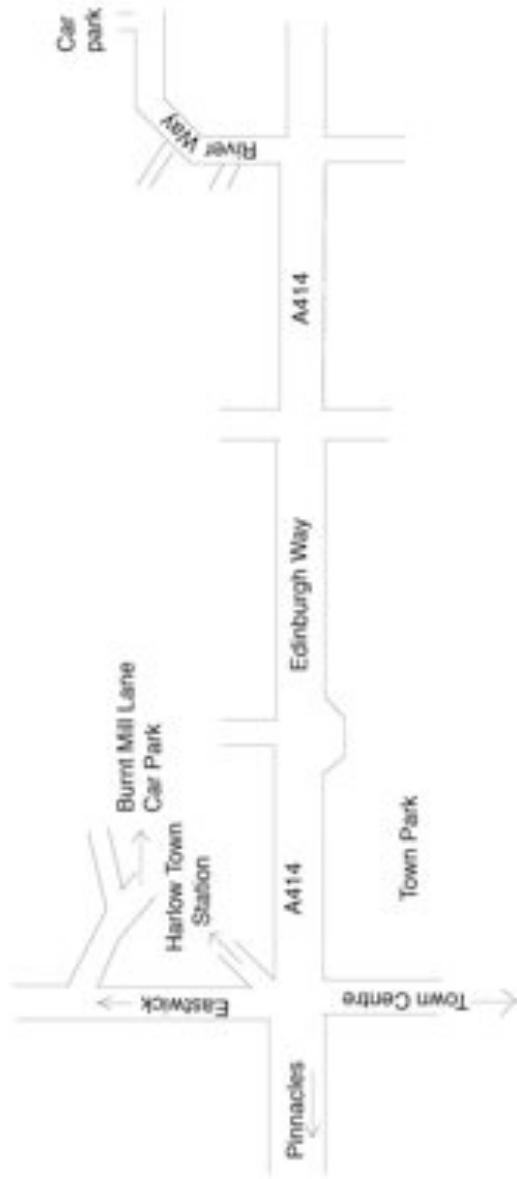
* If Burnt Mill Lane car park is full you can park in the Moorhen pub car park then come and join the walk over the other side of the river.

River Stort Harlow Mill & River Stort Latton Lock

Take Velizy Avenue to the next roundabout and take the 2nd exit (Fifth Avenue), Continue along Fifth Avenue over the mini roundabout (3rd exit) to the next major roundabout, here take the 4th exit and head along Edinburgh Way, at the third roundabout take the 1st exit onto River Way.

Head around to the right, you will pass two exits on your left; continue on to the next left exit (just before the next set of industrial units) into a car park. This is your meeting point.

Map 2



**THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINTS
START FROM SOUTHERN WAY/KATHERINES WAY ROUNDABOUT**

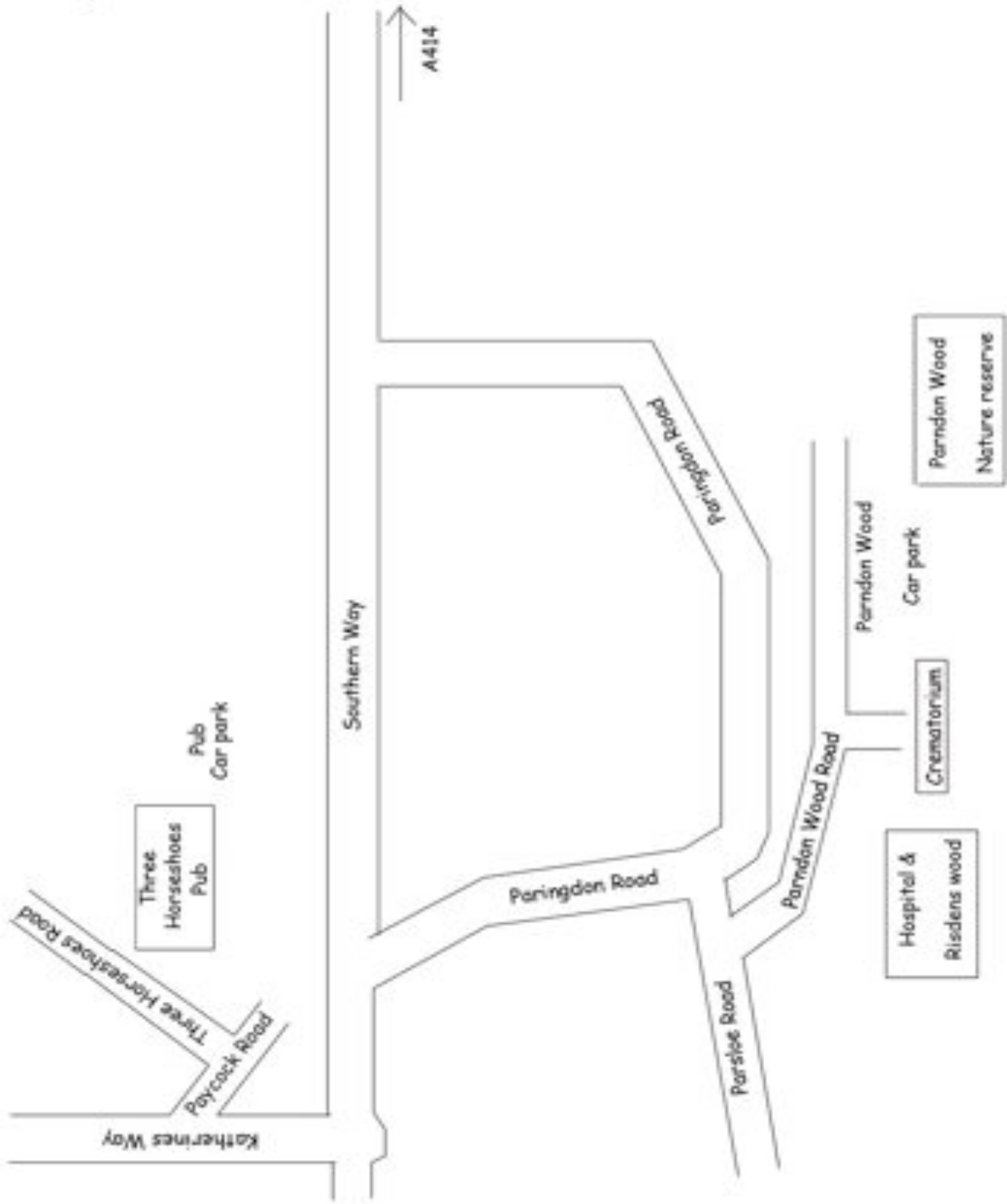
**Parndon Wood Nature Reserve, Hospital & Risdens wood routes 1 & 2 and
Stewards Route 1.**

Take Southern Way then first right on to Paringdon Road, carry on round to Parsloe Road on the right turn here and turn quickly left onto Parndon Wood Road. Park on the right just after the entrance to the Crematorium.

Town Centre - Study centre and Great Parndon - Hawkenbury Meadow 1 & 2

Take Katherines Way to the First exit on your right (Paycock Road) then take the second left (Cock Green leading onto Three Horseshoes Road). Continue until you reach The Three Horseshoes Pub on your right. The car park is to the rear.

Map 3



THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINTS START FROM THE M11 ROUNDABOUT (HASTINGWOOD INTERCHANGE)

Churchgate Street routes 1, 2 & Harlowbury Church

Follow the A414 into Harlow and over three roundabouts, at the fourth roundabout take the 3rd exit to the right onto First Avenue Mandela Avenue (heading towards Old Harlow and Churchgate Street).

At the next roundabout take the second exit onto Gilden Way and follow the road all the way to the next roundabout, here take the 2nd exit and meet in the car park immediately to your left.

Harlow Park Woods

Head along the A414 towards Harlow, at the first roundabout take the 3rd exit to your right (Southern Way), continue on until you get to a roundabout and Potter Street, turn right here and follow the road along.

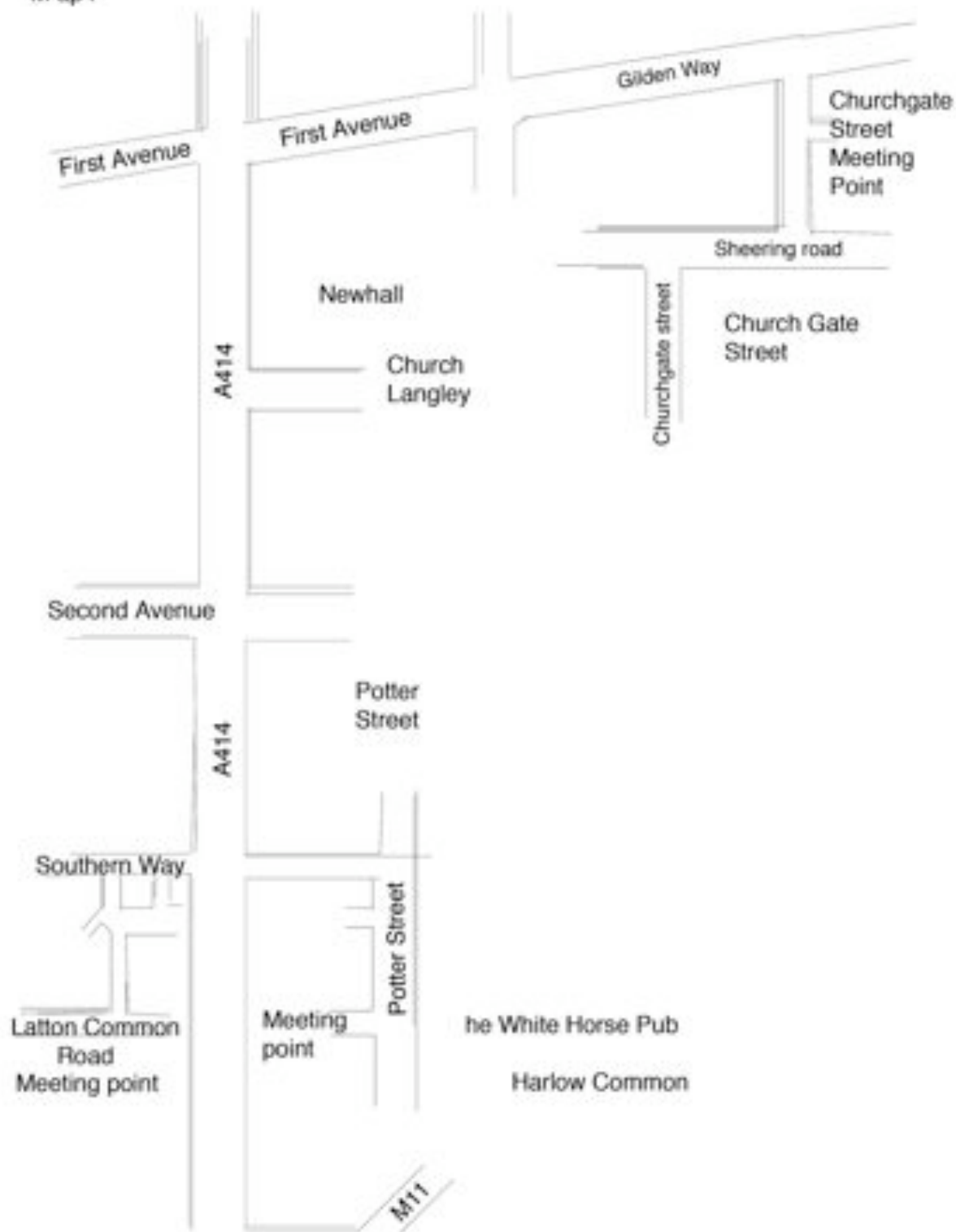
Take the second exit on the right (Church Road which is just opposite the White Horse Pub) this is your meeting point.

Latton Common

Head along the A414 towards Harlow, at the first roundabout take the 1st exit along Southern Way.

Take the second road on the left (Brooklane Field) and then take the first road on the left and then take the first exit on the right. Follow the road up to the end to Latton Common Road; this is your meeting point.

M ap4



THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINT START FROM THE WATER GARDENS ROUNDABOUT

Jean McAlpine Park

Head past the Watergardens on your right along Third Avenue, Continue over one roundabout to the traffic lights.

Head through the Traffic Lights and take the first road on your right (Harberts Road).

Take the Fourth left onto Helions Road (between the Golden Swift pub and some shops) and then take the first left onto Collins Meadow. Follow the road around and the meeting point is along the second road on your left.

Map 5



THE TRAVEL DIRECTIONS FOR THE FOLLOWING MEETING POINTS START FROM THE EDINBURGH WAY (GATES GARAGE) ROUNDABOUT

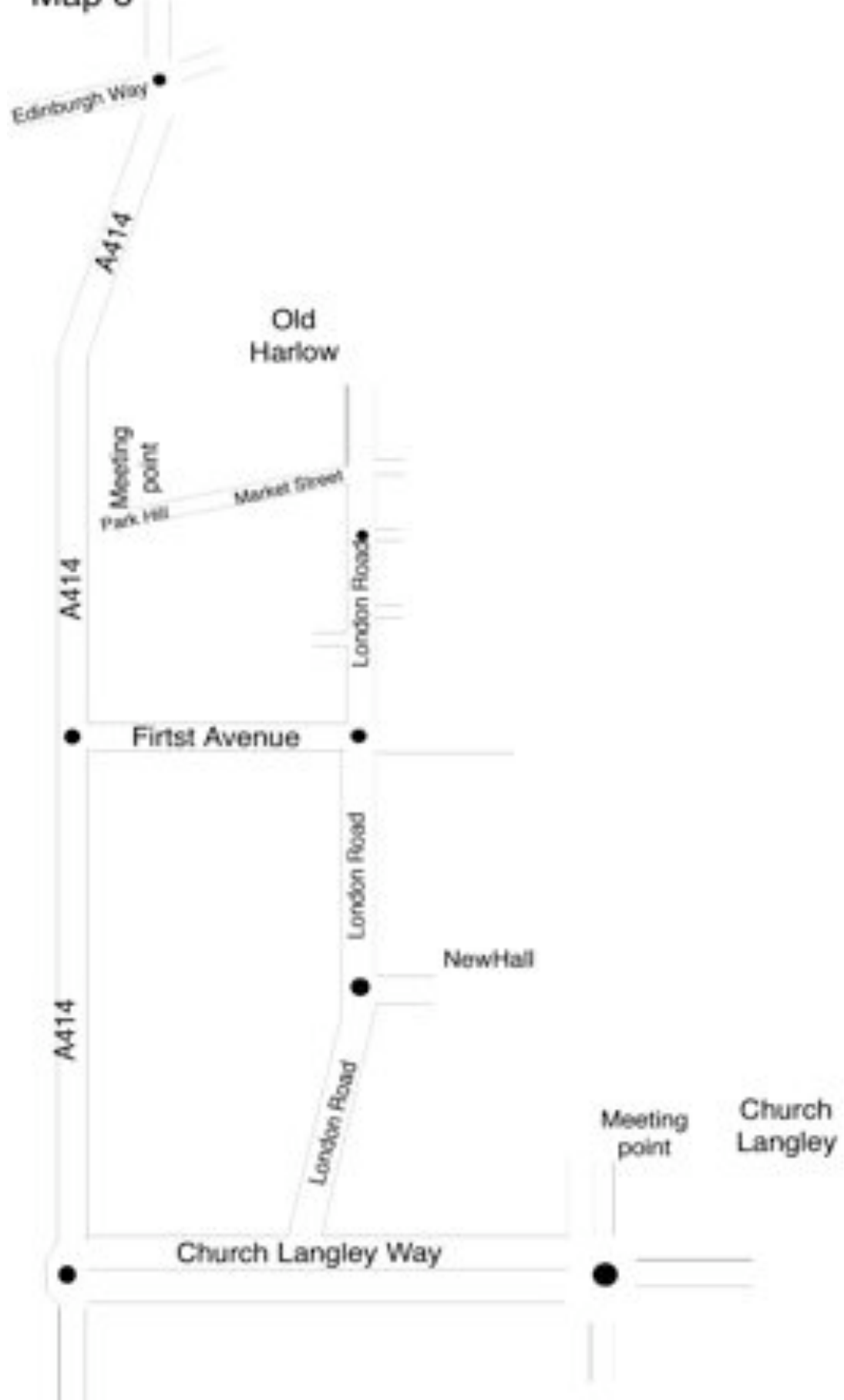
Mark Hall - Route 1

Follow the A414 in the direction of the M11 (Hastingwood interchange). At the first roundabout you come to take the first exit left onto First Avenue (Mandela Avenue), a short way along you will come to another roundabout; here you need to take the first exit on to London Road. You will need to take the second road on your left (Market Street). Follow the road straight on to Park Hill, this is a no through road and there is space to park at the bottom of the hill.

Church Langley - Route 1

Follow the A414 in the direction of the M11 (Hastingwood interchange). At the first roundabout head straight over, then at the second roundabout take the first exit onto Church Langley Way. You will come to another roundabout; here you need to take the first exit. The meeting point is across the car park next to the Pharmacy.

Map 6



Walk for 15p or less per walk!

Buy a Lifewalks Privilege Card

Pay a one-off fee of just £20 or £5 with a C-cat leisure card and you can come on every walk for the next 6 months; that works out to 15p or less per walk. Even if you only come along once a week, that still works out less than 80p walk.

You can join Lifewalks at any time. There are two ways to pay:

1) Pay-as-you-walk

Just turn up! The fee is £1.50 or 50p per walk with a C-cat leisure card (please try to bring the exact money and your C-cat leisure card if you have one). The leaders will collect your fee from you when you arrive and mark you down.

2) Buy a Lifewalks Privilege Card

Pay a one-off fee of just £20 or £5 with a C-cat leisure card and you can come on every walk for the next 6 months free of charge. To buy your Privilege Card, just send in the form on the next page with your cheque made payable to "Harlow Council" or hand in to a Walk Leader on the walk and you can start walking straight away.

For further information call Sara Morris on 01279 446403 or email: sara.morris@harlow.gov.uk

Application for a Lifewalks
Privilege Card

First name: _____ Mr. Mrs. Miss. Ms.

Surname: _____

Address: _____

_____ Postcode: _____

Daytime phone number: _____

Please tick the appropriate box:

My GP or consultant has said it is safe for me
to join Lifewalks.

I have not seen my doctor but I am not aware
That I have any medical condition which would
Put me at risk if I walk faster than usual.

Signed: _____ Date: _____

Please return this form and your cheque for £20/£5 (If you have a C-
cat leisure card) (made payable to Harlow Council) to: Lifewalks,
Leisure Services, Harlow Council, Civic Centre, The Water
Gardens, Harlow, Essex, CM20 1WG. Or hand into a walk leader on
the walk.

For office use only: Card no: _____
Issue Date: _____ Expiry Date: _____