



**Greenwich
Get
Walking!**

National Walking Month



Greenwich Get Walking

Greenwich Get Walking can connect you with a wide range of free walking opportunities within Royal Greenwich.

Our walks are free, fun and friendly - perfect to help you get active and meet new people. Walking is good for your health. You can start small and build up to doing more activity over time.

It's a great way to explore and can save you money as an alternative to public transport or car.

If you'd like to take part, all you have to do is come along to the start point of one of our walks listed in this brochure a few minutes early, so that one of our trained volunteer walk leaders can take your details. Then you're free to take part in as many walks as you like.



WEEK 1 - 1st to 5th May

<p>Wednesday 1st May</p>	<p>9.30am - 10.30am Anstridge Health Walk Meet outside Anstridge Community Hall, Anstridge Road, SE9 2LL</p> <p>9.45am - 10.45am Gallions Health Walk Meet at main entrance gate of Gallions Health Centre, SE28 8BE</p> <p>10am - 11.30am Mottingham Health Walk Meet at Mottingham Station, Platform 1, Station Approach, Court Road, SE9 4EW</p>
<p>Thursday 2nd May</p>	<p>9.30am - 10.30am Slade Health Walk Meet outside the Slade Library and Children's Centre, Erindale, SE18 2QQ</p> <p>10am - 11:30am Oxleas Ramble Meet at the Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA</p>
<p>Friday 3rd May</p>	<p>10am - 11:30am Bostall Heath Ramble Meet at cricket nets, corner of Bostall Hill and Longleigh Lane, SE2 0RB</p>
<p>Saturday 4th May</p>	<p>9.30am - 11.00am River Ramble Meet at historic Royal Arsenal in Woolwich</p> <p>10am - 11am Heronsgate Health Walk Meet outside the main entrance of Heronsgate Medical Centre, SE28 0ER</p>



WEEK 2 - 6th to 12th May

<p>Tuesday 7th May</p>	<p>9.45am - 10.45am Greenwich Park Health Walk Meet at St Mary's Gate, King William Walk, Greenwich, SE10 9JH</p> <p>10am - 11.30am Charlton Ramble Meet at Charlton House, Charlton Road, SE9 8RE</p> <p>10am - 11:15am Woolwich Health Walk Meet outside British Heart Foundation Shop, Powis Street, SE18 6LE</p> <p>10.30am - 11.30am Walking Football (£3 a session) Eltham Goals, SE9 5LU</p>
<p>Wednesday 8th May</p>	<p>9.30am - 10.30am Anstridge Health Walk Meet outside Anstridge Community Hall, Anstridge Road, SE9 2LL</p> <p>9.45am - 10.45am Gallions Health Walk Meet at main entrance gate of Gallions Health Centre, SE28 8BE</p> <p>10am - 11.30am Mottingham Health Walk Meet at Mottingham Station, Platform 1, Station Approach, Court Road, SE9 4EW</p>
<p>Thursday 9th May</p>	<p>9.30am - 10.30am Slade Health Walk Meet outside the Slade Library and Children's Centre, Erindale, SE18 2QQ</p> <p>10am - 11:30am Oxleas Ramble Meet at the Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA</p> <p>10am - 12pm Men's Health Walk Meet at the Pavillion in Greenwich Park</p>



WEEK 2 - 6th to 12th May

Friday 10th May	10am - 11:30am Bostall Heath Ramble Meet at cricket nets, corner of Bostall Hill and Longleigh Lane, SE2 0RB
Saturday 11th May	9.30am - 11.00am River Ramble Meet at historic Royal Arsenal in Woolwich 10am - 11am Heronsgate Health Walk Meet outside the main entrance of Heronsgate Medical Centre, SE28 0ER
Sunday 12th May	10am - 11.30am Oxleas Sunday Ramble Meet at Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA



WEEK 3 - 13th to 19th May

Monday 13th May	<p>9.45am - 10.45am Eltham Park Health Walk Meet at Eltham Park South Café</p> <p>2pm - 3.30pm Mindfulness Walk in partnership with Greenwich Mind.  Meet at gate on Blackheath Avenue, Greenwich Park</p>
Tuesday 14th May	<p>9.45am - 10.45am Greenwich Park Health Walk Meet at St Mary's Gate, King William Walk, Greenwich, SE10 9JH</p> <p>10am - 11.30am Charlton Ramble Meet at Charlton House, Charlton Road, SE9 8RE</p> <p>10am - 11:15am Woolwich Health Walk Meet outside British Heart Foundation Shop, Powis Street, SE18 6LE</p> <p>10.30am - 11.30am Walking Football (£3 a session) Eltham Goals, SE9 5LU</p>



WEEK 3 - 13th to 19th May

Wednesday 15th May	<p>9.30am - 10.30am Anstridge Health Walk Meet outside Anstridge Community Hall, Anstridge Road, SE9 2LL</p> <p>9.45am - 10.45am Gallions Health Walk Meet at main entrance gate of Gallions Health Centre, SE28 8BE</p> <p>10am - 11.30am Mottingham Health Walk Meet at Mottingham Station, Platform 1, Station Approach, Court Road, SE9 4EW</p>
Thursday 16th May	<p>9.30am - 10.30am Slade Health Walk Meet outside the Slade Library and Children's Centre, Erindale, SE18 2QQ</p> <p>10am - 11:30am Oxleas Ramble Meet at the Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA</p> <p>10.30am - 12pm Men's Health Walk Meet at the Pavillion in Greenwich Park</p>
Friday 17th May	<p>10am - 11.30am Bostall Heath Ramble Meet at cricket nets, corner of Bostall Hill and Longleigh Lane, SE2 0RB</p>
Saturday 18th May	<p>9.30am - 11am River Ramble Meet at historic Royal Arsenal in Woolwich</p> <p>10am - 11am Heronsgate Health Walk Meet outside main entrance of Heronsgate Medical Centre, SE28 0ER</p>

WEEK 4 - 20th to 27th May

<p>Monday 20th May</p>	<p>9.45am - 10.45am Eltham Park Health Walk Meet at Eltham Park South Café</p> <p>11am - 12:30pm Mindfulness walk in Partnership with Greenwich Mind Meet at Birchmere Community Hub, Thamesmead</p> 
<p>Tuesday 21st May</p>	<p>9.45am - 10.45am Greenwich Park Health Walk Meet at St Mary's Gate, King William Walk, Greenwich, SE10 9JH</p> <p>10am - 11.30am Charlton Ramble Meet at Charlton House, Charlton Road, SE9 8RE</p> <p>10am - 11:15am Woolwich Health Walk Meet outside British Heart Foundation Shop, Powis Street, SE18 6LE</p> <p>10.30am - 11.30am Walking Football (£3 a session) Eltham Goals, SE9 5LU</p>
<p>Wednesday 22nd May</p>	<p>9.30am - 10.30am Anstridge Health Walk Meet outside Anstridge Community Hall, Anstridge Road, SE9 2LL</p> <p>9.45am - 10.45am Gallions Health Walk Meet at main entrance gate of Gallions Health Centre, SE28 8BE</p> <p>10am - 11.30am Mottingham Health Walk Meet at Mottingham Station, Platform 1, Station Approach, Court Road, SE9 4EW</p> 
<p>Thursday 23rd May</p>	<p>9.30am - 10.30am Slade Health Walk Meet outside the Slade Library and Children's Centre, Erindale, SE18 2QQ</p> <p>10am - 11:30am Oxleas Ramble Meet at the Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA</p> <p>10.30am - 12pm Men's Health Walk Meet at the Pavillion in Greenwich Park</p> 

WEEK 4 - 20th to 27th May

Friday 24th May	10am - 11.30am Bostall Heath Ramble Meet at cricket nets, corner of Bostall Hill and Longleigh Lane, SE2 0RB
Saturday 25th May	9.30am - 11am River Ramble Meet at historic Royal Arsenal in Woolwich 10am - 11am Heronsgate Health Walk Meet outside main entrance of Heronsgate Medical Centre, SE28 0ER



WEEK 5 - 27th to 31st May

Monday 27th May	9.45am - 10.45am Eltham Park Health Walk Meet at Eltham Park South Café
Tuesday 28th May	9.45am - 10.45am Greenwich Park Health Walk Meet at St Mary's Gate, King William Walk, Greenwich, SE10 9JH 10am - 12pm Story Book Walk Gather up your family and friends and join us for storytime at 10am in Woolwich Library and come for a 60-minute walk along the Thames Path with stories along the way. Woolwich Centre Library, 35 Wellington Street, SE18 6HQ.



WEEK 5 - 27th to 31st May

Tuesday 28th May	10am - 11.30am Charlton Ramble Meet at Charlton House, Charlton Road, SE9 8RE 10am - 11:15am Woolwich Health Walk Meet outside British Heart Foundation Shop, Powis Street, SE18 6LE 10.30am - 11.30am Walking Football (£3 a session) Eltham Goals, SE9 5LU
Wednesday 29th May	9.30am - 10.30am Anstridge Health Walk Meet outside Anstridge Community Hall, Anstridge Road, SE9 2LL 9.45am - 10.45am Gallions Health Walk Meet at main entrance gate of Gallions Health Centre, SE28 8BE 10am - 11.30am Mottingham Health Walk Meet at Mottingham Station, Platform 1, Station Approach, Court Road, SE9 4EW
Thursday 30th May	9.30am - 10.30am Slade Health Walk Meet outside the Slade Library and Children's Centre, Erindale, SE18 2QQ 10am - 11:30am Oxleas Ramble Meet at the Café on the Meadow, Crown Woods Lane, Oxleas Wood, SE18 3JA
Friday 31st May	10am - 11:30am Bostall Heath Ramble Meet at cricket nets, corner of Bostall Hill and Longleigh Lane, SE2 0RB





For any more information on any walks in our leaflet please call,
Live Well Greenwich on 0800 470 4831 or visit livewellgreenwich.org.uk

