

# Healthy Walks in Arun

## Programme of Walks



Do you need to improve your general health, manage your weight or just make new friends? **Then please join us!**

# Weekly Walks

Walking For Health (WFH) is an initiative of Natural England. Since 2000, WFH is estimated to have encouraged more than one million people to walk more.

All walks are free of charge and are led by a trained Walk Leader.

There is also a 'Back Marker' who will walk at the pace of the slowest person. It is not a race so don't worry if you are not able to walk quickly, everybody starts somewhere.



There are approximately 600 local health walk schemes, one of which is Healthy Walks in Arun. The scheme in Arun started in 2001 and now has over 450 registered walkers. Please see below for details of when and where our walks take place. We look forward to meeting you!

Day	Meeting Point	Time
Monday	Hotham Park, Bognor Regis (In front of café)	10:00am
Tuesday	West Park, Aldwick, Bognor Regis (In front of café)	10:30am
Wednesday	Littlehampton Swimming and Sports Centre (At entrance)	10:45am
Thursday	Arun Leisure Centre (Inside reception area)	10:00am
Friday	Mill Road Car Park, Arundel (In the car park)	11:00am

## Arun Wellbeing Health Walks - NEW Rural walks in Arun

Day	Information	Time
2nd Wednesday of every month	Pagham Lagoon Car park opposite the Pagham Beach Café (corner of Sandy Rd and Beach Rd).	10:30am
1st Tuesday of every month	Yapton Car park opposite the Yapton shops (Main Rd)	10:30am

There may be rare occasions when a trained Walk Leader is unable to attend a walk. In this instance please be aware that if you decide to continue with the walk that you are doing so at your own risk.

Each walk will last between 45 – 60 minutes in duration. You will be encouraged to walk at your own comfortable brisk pace. Please wear suitable loose, layered clothing and comfortable footwear. If it is a hot day it would be advisable to bring a small bottle of water in case you get thirsty.

You will be asked to fill out an Outdoor Health Questionnaire before your first walk so that the walk leader is aware of any health issues you may have. Please try to arrive 5 – 10 minutes early to complete this form. If in doubt please ask your G.P before coming along for the first time.

We will usually stop for refreshments so if you would like a cup of tea or coffee, please remember to bring enough money.

## Self Guided Walks

If you would like a copy of our self guided walks; Amble in Arundel, Amble in Littlehampton. Please contact the Healthy Walks Coordinator (details overleaf) or download copies from the Community Development Section of the Inspire Leisure website. [www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)



Additional walks leave from the Tamarisk Centre, Beach Road, Littlehampton and the Laburnum Centre, Lyon Street, Bognor Regis. Please call the respective centre below:

**Tamarisk:** (01903) 730007  
**Laburnum:** (01243) 827185

## Bognor Regis WI Healthy Walks



Offering fortnightly coastal and rural walks, between 2- 5 miles. If you are interested in joining in a vibrant WI group in Bognor Regis, join them for one of their walks to see if it is for you. The WI is a community group for women of all ages and backgrounds.

The walk leader is Bognor Regis WI Secretary, **Janet Marsden 01243 864670**. Please contact Janet for more information about the walks.

# Walkers Own Risk Statement

Risk assessments are carried out on the routes and every care is taken by Walk Leaders to ensure that you have a safe and enjoyable experience. However, Walk Leaders are not responsible for your individual safety. When crossing roads you are expected to observe the Highway Code at all times, crossing at the safest point and keeping to designated footpaths where possible.

**The walks are undertaken at your own risk.**



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