



Ramblers' Wellbeing Walks are England's largest network of health walks with over 400 active schemes, helping people across the country lead a more active lifestyle and meet local people in their area.

Walking is one of the simplest and most effective forms of exercise you can do. It's easy to get started with nine local walks in Warwick District.

Sydni Stroll for Beginners

- **Where** – SYDNI Community Centre, Leamington Spa, CV31 1PT
- **When** – Every Wednesday at 10.30am
- **How long** – 60 to 90 minutes
- **How far** – Up to 3 miles
- **What do I need?** – Suitable footwear that you don't mind getting muddy

[Sydni Stroll – Ramblers website](#)

Clarendon Park Walkers

- **Where** – Outside the Avery Café in Jephson Gardens, Leamington Spa, CV32 4AA
- **When** – Every Thursday at 11.30am
- **How long** – 1 hour
- **How far** – Approximately 2 – 2.5 miles
- **What do I need?** – Waterproof outdoor shoes, and a waterproof coat just in case

[Clarendon Park Walkers – Ramblers website](#)

Shrubland Strollers

- **Where** – Brunswick Hub, 98-100 Brunswick Street, Leamington Spa, CV31 3BD
- **When** – Every Monday at 10.30am from Brunswick Hub; 10.40am from Sayer Court

- **How long** – 1 hour
- **How far** – Up to 3 miles depending on ability
- **What do I need?** – Sturdy shoes

[Brunswick Hub walk – Ramblers website](#)

Lillington Library

- **Where** – Lillington Library, Valley Road, Lillington, CV32 7SJ
- **When** – First Saturday of every month **starting 7 January 2023**, 10.30am
- **How long** – 1 hour
- **How far** – Up to 1 mile depending on ability
- **What do I need?** – Just some suitably sturdy shoes

Lillington Children's Centre

- **Where** – Lillington Children's Centre, 3 Mason Avenue, Lillington, CV32 7QE
- **When** – Every Monday **from 9 January 2023** at 9am
- **How long** – 1 hour
- **How far** – Up to 1 mile depending on ability
- **What do I need?** – Just yourself and some suitably sturdy shoes. Return to Acorn Court Community Centre Café for tea and toast

Chase Meadow Rendezvous & Ramble

- **Where** – Meet at the gate opposite The Unicorn, 64 Hardwick Field Lane, Warwick, CV34 6LN
- **When** – Every Tuesday at 7pm
- **How long** – 1 hour
- **How far** – Up to 3 miles
- **What do I need?** – Suitable footwear

[Chase Meadow Rendezvous & Ramble – Ramblers website](#)

Warwick Gates Walk

- **Where** – Warwick Gates Community Centre, Cressida Close, Warwick, CV34 6DZ
- **When** – Every Tuesday at 11.30am
- **How long** – 1 hour
- **How far** – 1-3 miles depending on ability
- **What do I need?** – Suitable footwear

[Warwick Gates Walk – Ramblers website](#)

Priory Walkers

Starting 3 August 2023

- **Where** – Warwick Racecourse, starting at Bread & Meat Close car park, CV34 6HF
- **When** – Every Thursday at 11am
- **How long** – 1 hour
- **How far** – 1km – 2.6km depending on ability
- **What do I need?** – Suitable shoes

Hampton Magna

- **Where** – The Open Door Café, 3 Slade Hill, Warwick, CV35 8SA
- **When** – Every Wednesday at 11am, 11.30am and 12pm
- **How long** – 11am – 90 minutes; 11.30am – 60 minutes; 12pm – 30 minutes
- **How far** – Ranging from 0.5 to 4 miles
- **What do I need?** – Suitable footwear that you don't mind getting muddy

[Hampton Magna walk – Ramblers website](#)

[Hampton Magna Walk & Talk – Ramblers website](#)

Castle Medical Centre

- **Where** – Castle Medical Centre, 22 Bertie Road, Kenilworth, CV8 1JP
- **When** – Every Monday at 2pm
- **How long** – 30 minutes
- **How far** – 0.5 to 3 miles depending on ability
- **What do I need?** – Just yourself

[Castle Medical Centre – Ramblers website](#)

Abbey Fields

- **Where** – The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ
- **When** – Every Friday at 12.30pm
- **How long** – 30 minutes
- **How far** – 0.5 to 3 miles depending on ability
- **What do I need?** – Sturdy footwear and a camera to capture the stunning views

[Abbey Fields walk – Ramblers website](#)

For more information on Ramblers Wellbeing Walks visit their website by clicking [here](#).