

Get walking in Luton!

June to December 2011 Health Walks Schedule



Have fun, meet new people and get fit for free by joining a regular health walk in Luton.

The Sustrans Active Travel project in Luton is running a weekly schedule of free, group led walks with something for everyone - young and old.

See schedule overleaf. Please contact us if you are interested in coming along for the first time.

Supported by:

Active Travel Luton, is run by Sustrans, a leading sustainable transport charity.
www.sustrans.org.uk/activetravelluton



Sustrans Weekly Health Walks in Luton

More info: **01582 732919** or activelives@sustrans.org.uk

Please contact us if you are interested in coming along for the first time.

Day, Time	Walk programme	Start from	General Information
Mon 9:15 to 10:15	Dallow Walkers <i>Sign up to get this walk started</i>	Foxdell Infant School, Dallow Road, LU1 1TG	Open to all
11:00 to 12:00	Bramingham Senior Striders	St Margaret's Parish Centre, Lucas Gardens, LU3 4BG	Moderate pace Open to all - targeted towards senior citizens Dallow, Farley and Chalmey area
13:00 to 13:30	Wigmore Walkers	Entrance to Wigmore place, Wigmore Lane, LU2 9TN	Moderate to fast pace Open to all - targeted towards local employees Bramingham, Marsh Farm, Warden Hill and Limbury
Tues 9:15 to 10:15	Leagrave Walkers <i>Sign up to get this walk started</i>	The Community Link at Leagrave Primary School, Strangers Way, LU4 9ND	Moderate to fast pace Open to all - targeted towards local employees Wigmore, Stopsley, Round Green, Crawley
12:00 to 13:00 Monthly	Putteridge Plodders	Butterfield Innovation Centre, main entrance, LU2 8DD. Last Tue of the month	Moderate pace • Open to all - targeted to employees on Butterfield Leagrave to busy pace • Sundon area • Stopsley, Putteridge and Bushmead area
Weds 9.15 to 10:15	Farley Walkers	Farley Community Centre, Delphine Close, LU1 5RE	Open to all - parents with pushchairs welcome
12:45 to 13:15	L&D Hospital: Wednesday Walkers	L&D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ	Moderate pace • Open to all - targeted at Hospital employees Farley and Dallow area • Lewsey, Chalmey and Leagrave area
13:00 to 14:00 Monthly	A Walk in the Park	Takes place in Luton's Parks on the 1 st Wed of the month. Contact Sustrans for location details	• Targeted to people with disabilities • Slow to moderate pace • Luton's Parks e.g. Wardown, Stockwood, Leagrave
Thurs 9:15 to 10:15	Stopsley Walkers	Sacred Heart Primary School, Langford Drive, LU2 9AJ	• Open to all - parents and pushchairs welcome • Moderate pace • Stopsley, Putteridge, Round Green and Wigmore
9.15 to 10:15	Saints Walkers	William Austin main school gate, Austin Road, LU3 1UA	Open to all - parents and pushchairs welcome
12:30 to 13:20	Walk the Talk	Town Hall steps, George St or University of Beds entrance, Park St, LU1 2BQ	Moderate pace Open to all - targeted towards senior citizens Dallow, Farley and Chalmey area Moderate to fast pace

Other Walks Sustrans also offer walks for specific groups and activities. Contact us if you are interested in health walks for your group or activity. We currently lead walks for various weight management programmes, in addition to walks for people with learning difficulties and mental health issues.