PROGRAMME OF WALKS
SATURDAY 23 MAY TO FRIDAY 29 MAY 2015
A partnership between Havering and East London Ramblers and Havering Walking for Health
SATURDAY 23 MAY, 10.15AM
Meet at the Golden Lion (jct of North Street, High Street and Romford Market) for a 2.5 mile heritage walk led by local historian Brian Evans, looking at the history and development of Romford. Lots of talk over a relatively short walk.

SUNDAY 24 MAY, 10AM
Join Havering and East London Ramblers for a six-mile walk starting at Berwick Woods (Grid ref. TQ543836) in Berwick Pond Road and taking in Hornchurch Country Park (part of the WW2 Hornchurch Airfield and WW1 Suttons Airfield) and visiting St Andrew’s Church and the Commonwealth War Graves Commission Cemetery.

SUNDAY 24 MAY, 10AM
Explore Bedfords Park with walk leaders from Havering Walking for Health. This one and a half hour (approximately) walk starts and finishes in the car park near the Visitors’ Centre, where toilets and refreshments are available. It includes some steep hills, which can be challenging for some people, as you descend from open grassland with spectacular views across London to wooded areas in the lower regions of the park.

MONDAY 25 MAY, 10.15AM
Enjoy a 3 to 4 mile family walk in Hornchurch Country Park organised by Havering and East London Ramblers. Meet in the Squadrons Approach car park (grid ref. TQ536849), a former E-Pen (where you can see the rings used to tie down aircraft) and pass airfield defences including pill boxes and Tett Turrets as well as the last natural wet marsh in Greater London.

MONDAY 25 MAY, 11AM
This regular Monday walk from Havering’s Walking for Health programme caters for all abilities. Meeting in the car park in Harrow Lodge Park (off Hornchurch Road) walkers can join one of three groups. One group offers fitter walkers a brisk one hour walk around the perimeter of the park, while another goes at a slightly slower pace over a shorter distance for around 45 minutes. A third walk offers people with walking difficulties, health problems etc. a gentle 30 minute stroll with plenty of opportunities for rest stops as required. Please note this walk is very popular so please arrive at least 10 to 15 minutes early to register with the walk leaders.

MONDAY 25 MAY, 2PM
This 30-minute walk, also from the Havering Walking for Health programme, caters specifically for anyone who has received a cancer diagnosis and been advised to adopt a gentle exercise regime before, during or after treatment. This gentle walk in Harrow Lodge Park has plenty of opportunities for rest stops as required and is led by qualified Walk Leaders, two of whom are cancer recoverers themselves. Meeting point is the car park off Hornchurch Road. (For details phone: Rick Barnes, 01708 455623/07941 413964).

Booking is not required for any of these walks, just come along and introduce yourself to the walk leader. Please arrive in good time as all walks will start promptly at the time stated.
TUESDAY 26 MAY, 10AM
Meet at Harold Wood Park (car park by the cricket pavilion, grid ref TQ550901) for a 5 mile countryside walk led by Havering and East London Ramblers. This walk through Thames Chase explores Pages wood and Harold Court Woods.

TUESDAY 26 MAY, 10AM
Meet walk leaders from the Havering Walking for Health scheme in the car park at the RSPB Visitor Centre in Rainham, off New Tank Hill Road (A1090) in Purfleet, for a 90 minute (approximately) walk around Rainham Marshes. Explore the medieval marshes which form one of very few ancient landscapes remaining in London, and see a variety of birdlife including breeding wading birds in spring and summer.

TUESDAY 26 MAY, 11AM
This 30-minute walk in Raphael Park is part of the Havering Walking for Health programme targeted at those who have a health condition or are currently inactive and would like to start to build up their activity levels. Meet at the Main Road entrance to the park, outside Raphael’s Café. This gentle walk around the recently restored park offers plenty of opportunity to rest as required and ends with a social tea/coffee.

WEDNESDAY 27 MAY, 10AM
Join Walking for Health leaders for this weekly walk in Hornchurch Country Park. Meet at the Squadrons Approach car park for a 60-90 minute brisk walk along a relatively easy route.

WEDNESDAY 27 MAY, 10.15AM
Meet at the junction of Harrow Crescent and Keats Avenue, Harold Hill, for this 5 mile walk led by Havering and East London Ramblers. This country walk crosses the old Romford Common to Bedfords Park via Bob’s Lane (featured in the poem ‘Bob’s Lane’ by Edward Thomas) and Ash Lane.

THURSDAY 28 MAY, 10AM
Meet Walking for Health leaders at the top of Carter Drive in Collier Row for this one-and-a-half to two-hour Hainault Forest walk through pleasant countryside with some moderate gradients.

THURSDAY 28 MAY, 2PM
A weekly 30 minute walk for cancer patients, as on Mondays, but meeting at 2pm at the Queen’s Hospital, entrance to the oncology car park, for a gentle walk around the paths of Oldchurch Park behind the hospital.

THURSDAY 28 MAY, 7.15PM
Enjoy an evening walk with Havering and East London Ramblers. Meet behind St John The Evangelist Church at Havering-atte-Bower (grid ref TQ511931). The walk takes in Havering-atte-Bower, the avenue of giant redwood trees, and Hainault Forest. Coming back there should be an opportunity to capture the sun setting over the fields, so do bring a camera.

FRIDAY 29 MAY, 10.15AM
Meet under the sign board opposite Romford Station for a six-mile parkland walk with Havering and East London Ramblers. This walk goes through Lodge Farm Park, the recently renovated Raphael Park and Rise Park, to Bedfords Park and back.

FRIDAY 29 MAY, 10.15AM
Join Walking for Health leaders for this weekly walk in Eastbrookend Country Park, Dagenham Road, RM7 0SS. Meet at the Millenium Centre car park for a one hour (approximately) brisk walk along a relatively easy route, with an option for a 30-minute walk.
Havering and East London Ramblers are a friendly group of people who enjoy walking and, some say, talking. They are based in the Romford, Hornchurch, Upminster, Harold Wood and Rainham areas, as well as Barking and Dagenham and East London, and are part of ‘Ramblers’.

Walks take place on Tuesdays and Saturdays, which are usually graded ‘leisurely’ so most people with at least a little country walking experience can join in, with longer walks on Sunday. Walking boots are recommended. In the summer there are also evening walks. After each walk there is the opportunity to relax in a local public house and have a meal and a drink in the company of friends. Details of walks can be found on the ‘Our walks’ page of their website. There is no need to book for any walk, just come along to the start point and introduce yourself to the walk leader – you will be most welcome. To find out more phone 07583 532309 or email haveringeastlondonramblers@gmail.com. For full details about Havering and East London Ramblers and the walks included in this Walking Festival programme, visit www.haveringeastlondonramblers.btck.co.uk

HAVERING WALKING FOR HEALTH
The Havering ‘Walking for Health’ programme is a nationally accredited scheme, part of a country wide programme which encourages people to exercise for the benefits of their health. Walking is suitable for people of all ages and abilities and ‘Walking for Health’ is particularly aimed at those who are currently least active.

Brisk walking resulting in slight breathlessness stimulates the heart to beat a little faster and is considered one of the best forms of exercise. Regular walking as part of a healthy lifestyle is beneficial for those who have suffered health problems as well as those wishing to prevent them. Even if you are not ready to walk at a brisk pace, you can join one of our short walks, take your time and build up slowly. Not only are these walks good for your health, they are a great way to make new friends.

Havering Walking for Health started in 2003. It is run by volunteers and supported by the London Borough of Havering, which co-ordinates and administers the scheme. There are over 25 trained walk leaders and 20 walk venues. Health walks take place six days a week throughout the year, varying from 30-minute walks suitable for complete beginners to 90 minutes in length and are graded from easy to hard. There are also longer walks, run outside of Walking for Health, for those looking for an extra challenge. Walk leaders are there to assist and advise as required on all walks. For full details of our programme, please visit www.havering.gov.uk/sports

For details of the Havering Walking Festival please visit www.havering.gov.uk/sports or contact margaret.campbell@havering.gov.uk / 01708 433856