

## Come Join Us!

We are a very friendly group who welcome people of all ages. Feel free to have a few trial walks with us.

Then join the Ramblers and ask to be allocated to NWK or another local Group.

An annual membership subscription applies - check current rates at [www.ramblers.org.uk](http://www.ramblers.org.uk)



### Starting Is Easy

You will require good sturdy walking shoes or boots and clothing appropriate to changing weather conditions.

For advice and information on how to start

walking with us and if you want a copy of our walk programme, use our contact details provided.

### From our Chairman Stuart Booth

"NWK Group of the 'Ramblers' prides itself on being an extremely friendly and sociable group of walkers that extends a very warm welcome to newcomers. A feature of our walks is lunch in cosy country pubs, though you are welcome to bring sandwiches should you prefer! Join us today and enjoy the exercise and companionship that country walking offers."

## Our Contact details

### For Membership Information and NWK Walk Programme Contact:

Richard Wilkes—Membership Secretary  
01322 528314  
Email: [rywilkes@yahoo.co.uk](mailto:rywilkes@yahoo.co.uk)

### For General Advice and How to Start Your Trial Walks With Us Contact:

Jack Yan - Deputy Chairman  
020 8306 0895  
Email: [jackyan@ntlworld.com](mailto:jackyan@ntlworld.com)

### Visit our Website:

[www.nwkrampers.btck.co.uk](http://www.nwkrampers.btck.co.uk)

For detailed and up-to-date information about our group and to browse the picture galleries. You can also view or download our walk programmes.

Or go to:

The Ramblers website for more info:  
[www.ramblers.org.uk](http://www.ramblers.org.uk)



"Ramblers" is a non profit organisation. It was previously known as "The Rambler's Association"

# RAMBLERS



## North West Kent Group

### We walk for health, pleasure and enjoyment

We enjoy the countryside and explore the South East (Kent and East Sussex areas) in the most relaxing way imaginable .

We also organise walks in London.



Enjoy a more active lifestyle and improve your general well-being.

Join the NWK walking community, meet people and make friends.

## North West Kent (NWK) Ramblers Group

### Why Walk?

Walking is a near perfect form of exercise.  
Add miles to your life! Go for a walk!

Walking will help improve your physical and mental well-being by:

- ◆ Getting you to meet and talk to people
- ◆ Giving you more energy
- ◆ Helping you sleep better
- ◆ Helping you reduce stress
- ◆ Keeping your heart strong
- ◆ Reducing blood pressure
- ◆ Helping you manage your weight



Joining a walking group is one of the best ways to become more active. It will encourage and motivate you to show up for walks regularly.

It is also a great way to make friends, support each other in other life issues, and exercise safely.

### About Us

Our group was founded in September 1963, in the early years we were known as the "South East London and Kent Group - part of the Southern Area of the Ramblers' Association".

In 1971 the group became formally known as North West Kent (NWK) Group of the Ramblers organisation

Most of our members come from London Borough of Bexley. We also have many members from Greenwich, Bromley and Kent.



### Where We Walk

Areas we walk are Kent, Surrey, Sussex and sometimes in Essex. We also lead walks in London including outer boroughs.

### Opportunities

- ◆ We run Group holidays to destinations in the UK and abroad, which are always well attended and of very good value.
- ◆ We hold training courses, as and when there is a demand from those who would like to learn how to navigate and read a map, and using a GPS. A great way to get some tips if you would like to lead walks sometime.



### Type of Walks We Offer

- ◆ Walks to suit different needs and abilities
- ◆ All our walks are led by experienced voluntary leaders
- ◆ We provide walks every Wednesday and at week-ends and less frequently on other days
- ◆ Half day walks are either Morning or Afternoon and they are about 4 to 6 miles at an easy and steady pace
- ◆ Whole day walks are either 7 to 9 miles at a steady pace or 10 to 12 miles at a moderate to faster pace
- ◆ Ambles are held every other Wednesday, they are whole day walks of 6 to 8 miles at a more relaxing pace
- ◆ In the summer we have relaxing evening strolls
- ◆ Whole day walks and ambles include a lunch break at the half way stage, when we can socialise and enjoy refreshments in a pub or picnic nearby.