

# Walking for Health



## What is Walking for Health?

The scheme is a series of free guided walks for all ages and abilities, aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit.

We offer a range of walks starting from 30 minutes to 2 hours. The most important thing is that you start where you are at and gradually build up to the longer walks.

**Please note:** 2 hour walks are not part of the Walking for Health programme but part of a progression walk provided by volunteers and supported by East Riding of Yorkshire Council.

### Volunteer with us?

**The Walking for Health scheme around the East Riding simply wouldn't exist without our wonderful volunteers.**

Volunteering for East Riding's Walking for Health scheme can be a great experience. If you'd like to volunteer on one of our Health Walks then please get in touch using the contact details provided in this section of this booklet.

The scheme coordinator will then be able to let you know about the processes for training and how it could benefit you.

### What do I need for walking?

Walking is almost perfect exercise, requiring no expense, almost anyone can do it, it can be done anywhere at any time, it is the best way for people from all walks of life to become more active gradually.

All you need are a good pair of shoes, that are comfortable, provide good support and don't cause blisters. Loose fitting clothing allows you to move more freely. Wear thin layers rather than heavy clothing. If it's a hot day take a bottle of water.

### Do I need to book?

No need to book, just turn up 15 minutes before the walk starts.

### Are the walks wheelchair and buggy friendly?

Due to the terrain around the East Riding some walks will not be suitable for Wheelchair users and buggies.

If you would like to come on a walk and are in a wheelchair please contact the Healthy Lifestyles Development Officer to check to see whether the walk is accessible.

### Can I bring a dog?

Please call beforehand to check. If a dog is allowed on the walks they must be on a short lead that won't trip up any fellow walkers.

### For more information about the walks in the East Riding please contact:

Laura Hutchinson, Healthy Lifestyles Development Officer  
(01482) 392527  
laura.hutchinson@eastriding.gov.uk

# www.walkingforhealth.org.uk

### For longer, more challenging walks, why not try The Ramblers?

For more information about The Ramblers in your area, please contact:

#### Beverley

Joe Neal  
jjdneal@hotmail.com  
(01482) 860282

#### Howden and Goole

Marion Thomas  
thomas.marion@btinternet.com  
(01430) 431766

#### Hull and Holderness

Steve Mullarkey  
aspill@aspill.karoo.co.uk  
07834 690020

#### Pocklington

Martin Hill  
mph60@btinternet.com  
(01377) 270731



# Beverley – East Riding Leisure Beverley

Flemingate, Beverley HU17 0LT • [www.eastridingleisure.co.uk/beverley](http://www.eastridingleisure.co.uk/beverley)

## 30 Minute Walk (Wednesday) 10am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
9	6	6	3	1	12	10	7	4	2	13	11
23	20	20	17	15	26	24	21	18	16	27	
				29					30		

## 45 minute walk (Wednesday) at 9.45am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
16	13	13	10	8	5	3	14	11	9	6	4
30	27	27	24	22	19	17	28	25	23	20	18
						31					

## 1 hour walk (Thursday) at 11am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
3	14	14	11	9	6	4	1	12	10	7	5
17	28	28	25	23	20	18	15	26	24	21	19
31							29				

## LONGER PROGRESSION WALK 2 hour walk (Thursday) at 10am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
10	7	7	4	2	13	11	8	5	3	14	12
24	21	21	18	16	27	25	22	19	17	28	
				30					31		

# Macmillan Cancer Evening Walk

East Riding Leisure Beverley, Flemingate, Beverley HU17 0LT

Everyone is welcome to attend.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## 1 hour walk (Monday) at 6.30pm

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
7	4	4	1	6	3	1	5	2	7	4	2
14	11	11	8	13	10	8	12	9	14	11	9
21	18	18	15	20	17	15	19	16	21	18	16
28	25	25	22	27	24	22	26	23	28	25	
			29			29		30			

## Bridlington – East Riding Leisure Bridlington

Mile Marker Walk – The Promenade, Bridlington YO15 2QQ (Meet inside at the café)  
www.eastridingleisure.co.uk/bridlington

### 1 hour walk (Thursday) at 10am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
3	7	7	4	2	6	4	1	5	3	7	5
10	14	14	11	9	13	11	8	12	10	14	12
17	21	21	18	16	20	18	15	19	17	21	19
24	28	28	25	23	27	25	22	26	24	28	
31				30			29		31		

## Brough Methodist Church

51 Welton Road, Brough HU15 1DL

### 1 – 1.5 hour walks (Tuesday) at 10am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
8	5	5	2	14	11*	9	6	3	1	12	10
22	19	19*	16	28	25	23*	20	17*	15	26	
			30						29		

\*On the dates marked with an asterisk, please meet outside the Half Moon Pub, Elloughton

## Cottingham Sports Centre

King George V Playing Fields, Northgate, Cottingham HU16 5QW • www.cottinghamssportscentre.co.uk

### 30 minute walk (every other Monday) 10.30am NEW WALK FOR 2019

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
7	4	4	1	13	10	8	5	2	14	11	9
21	18	18	15	27	24	22	19	16	28	25	
			29					30			

### 1 hour walk (3rd Wednesday of the month) at 1pm

†Christmas lunch venue TBC

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
16	20	20	17	15	19	17	21	18	16	20	18+

### LONGER PROGRESSION WALK 2 hour walk (1st Wednesday of the month) at 1pm

Feb 6	Cottingham Sports Centre	June 5	Cottingham Sports Centre	Oct 2	Cottingham Sports Centre
Mar 6*	Black Horse Pub, Little Weighton	July 3*	Green Dragon pub, Welton	Nov 6	Cottingham Sports Centre
Apr 3	Cottingham Sports Centre	Aug 7	Cottingham Sports Centre	Dec 4	Cottingham Sports Centre
May 1*	Nut Wood, Raywell	Sept 4*	Car park below Mill restaurant		

\* If you require transport for the 2 hour walks in March, May, July or September email Jan Tweedale: jansimon@tweedale.karoo.co.uk

XMAS LUNCH



## Driffield – East Riding Leisure Driffield

Bridlington Road, Driffield YO25 5HZ • [www.eastridingleisure.co.uk/driffield](http://www.eastridingleisure.co.uk/driffield)

### 1 hour walks (Tuesday) at 11am

†No walk on 17th December (proposed date for christmas lunch)

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Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
8	5	5	2	7	4*	2*	6*	3	1	5	3
22	19	19	9	21	18	16	20	17	15	19	17+

\* On the dates marked with an asterisk, please meet at the Millennium Clock in the Town Centre.

### LONGER PROGRESSION WALK 2 Hour Walk (Tuesday)

NOTE: Some of these walks may exceed 2 hours

Jan 15	Meet East Riding Leisure Driffield (10am start)	July 9	Meet Fridaythorpe by the pond (10.30am start)
Feb 12	Meet East Riding Leisure Driffield (10am start)	Aug 13	Meet Watton Lay-by on A164 (10.30am start)
Mar 12	Meet East Riding Leisure Driffield (10am start)	Sept 10	Meet at The Green in Cranswick (10.30am start)
Apr 16	Meet The Green in Cranswick (10.30am start)	Oct 8	Meet Nafferton by the pond (10.30am)
May 14	Meet Sledmere War Memorial (10.30am start)	Nov 12	Meet East Riding Leisure Driffield (10am start)
June 11	Meet Burton Agnes Hall, rear car park (10.30am start)	Dec 10	Meet East Riding Leisure Driffield (10am start)

## Goole – East Riding Leisure Goole

North Street, Goole DN14 5QX • [www.eastridingleisure.co.uk/goole](http://www.eastridingleisure.co.uk/goole)

### Up to 1 hour walks (Thursday) at 10am

Jan 10	East Riding Leisure Goole	May 9	East Riding Leisure Goole	Sep 12	East Riding Leisure Goole
Jan 24	Hook Memorial Hall	May 23	Oakhill Country Park	Sept 26	Oakhill Country Park
Feb 14	East Riding Leisure Goole	June 13	East Riding Leisure Goole	Oct 10	East Riding Leisure Goole
Feb 28	Waterways Museum	June 27	Waterways Museum	Oct 24	Waterways Museum
Mar 14	East Riding Leisure Goole	July 11	East Riding Leisure Goole	Nov 14	East Riding Leisure Goole
Mar 28	West Park Car Park	July 25	West Park Car Park	Nov 28	West Park Car Park
Apr 11	East Riding Leisure Goole	Aug 8	East Riding Leisure Goole	Dec 12	East Riding Leisure Goole
Apr 25	Hook Memorial Hall	Aug 22	Hook Memorial Hall		

## Goole – West Park

Airmyn Road, Goole DN14 6XA

### 30 minute walk (Wednesday) at 10.30am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
9	6	6	3	1	12	10	7	4	2	13	11
23	20	20	17	15	26	24	21	18	16	27	
				29					30		

## Haltemprice – East Riding Leisure Haltemprice

Springfield Way, Anlaby HU10 6QJ • [www.eastridingleisure.co.uk/haltemprice](http://www.eastridingleisure.co.uk/haltemprice)

### 1 hour walk (Wednesday) at 1.30pm

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
9	13	13	10	8	12	10	14	11	9	13	11
16	20	20	17	15	19	17	21	18	16	20	18
23	27	27	24	22	26	24	28	25	23	27	
30				29		31			30		

### 30 minute walk (Wednesday) at 1.30pm

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
2	6	6	3	1	5	3	7	4	2	6	4

## Hessle – Hessle Community Centre

Old School House, The Hourne, Hessle HU13 9LJ

### 1 hour walk (Tuesday) at 10am

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
8	5	5	2	7	4	2	6	3	1	5	3
15	12	12	9	14	11	9	13	10	8	12	10
22	19	19	16	21	18	16	20	17	15	19	17
29	26	26	23	28	25*	23	27*	24*	22	26	
			30			30*			29		

\* Dates marked with an asterisk please meet at Hessle Community Centre. A mini bus will leave at 10am and travel to a country location in the East Riding for a 60-90 minute walk and then a pub lunch

## Hornsea – Floral Hall Café

NEW LOCATION FOR 2019

Esplanade, Hornsea, HU18 1NQ

### 1 hour walks (every Wednesday) at 11am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
2	6	6	3	1	5	3	7	4	2	6	4
9	13	13	10	8	12	10	14	11	9	13	11
16	20	20	17	15	19	17	21	18	16	20	18
23	27	27	24	22	26	24	28	25	23	27	
30				29		31			30		

## Howden – Shire Hall

11 Market Place, Howden DN14 7BJ

### Up to 1 hour walk (Thursday) at 1.45pm

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
3	7	7	4	2	6	4	1	5	3	7	5
17	21	21	18	16	20	18	15	19	17	21	19

## Leven – Leven Sports & Social Club

North Street,  
Leven HU17 5NF

### 1 hour walk (every Thursday) at 10am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
3	7	7	4	2	6	4	1	5	3	7	5
10	14	14	11	9	13	11	8	12	10	14	12
17	21	21	18	16	20	18	15	19	17	21	19
24	28	28	25	23	27	25	22	26	24	28	
31				30			29		31		

## Market Weighton St John's Methodist Church

Market Place, Market Weighton YO43 3AJ

For more information about the Market Weighton Walks  
please contact David Battams 07875 550413 or

Andrew F Barber 07843 784763 or visit [www.weightonwalkers.org](http://www.weightonwalkers.org)



### 1 – 1.5 hour walk (every Wednesday) at 10am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
2	6	6	3	1	5	3	7	4	2	6	4
9	13	13	10	8	12	10	14	11	9	13	11
16	20	20	17	15	19	17	21	18	16	20	18
23	27	27	24	22	26	24	28	25	23	27	
30				29		31			30		

## Weighton Walkers – Friday Walks



All walks start at 10.30am, unless notified nearer the day.  
For more information about meeting points please contact  
David Battams 07875 550413 or Andrew F Barber 07843 784763  
or visit [www.weightonwalkers.org](http://www.weightonwalkers.org)

### LONGER PROGRESSION WALK at 10.30am

Jan 18	Whitwell on the Hill	6 miles
Feb 15	Easington Skeffling circular walk	5 miles
Mar 15	Lund/Lockington circular walk	9 miles
Apr 19	Brandesburton/North Frodingham circular walk	7.5 miles
May 17	Lastingham circular	8 miles
June 21	Hovingham circular	7 miles
July 19	Holme on Spalding Moor	7 miles
Aug 16	Brantingham	7 miles
Sept 20	Brough/Feriby/Welton	9 miles
Oct 18	Whitwell on the Hill	8 miles
Nov 15	Bunny Hill/Hotham Carr	7 miles
Dec 13	Huggate	6 miles

## Paull – St Andrew Church

Thorgumbald Road, Paull HU12 8AX

### 30 minute walk (Monday) at 10.30am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
14	11	11	8	13	10	8	12	9	14	11	9
28	25	25	22	27	24	22	26	23	28	25	23





## Preston Walkers – Preston Community Hall

Main Street, Preston, Hull HU12 8SA • [www.prestonwalkers.weebly.com](http://www.prestonwalkers.weebly.com)

Please contact Keith Lockyer on 07939 829923 email: [houndaway@live.co.uk](mailto:houndaway@live.co.uk),

Pam (01482) 899836 email: [pammie49uk@yahoo.com](mailto:pammie49uk@yahoo.com) or Colin Storr 07989 469299.

**All walks in January, November and December will start at 1pm.**

### 1 hour walk (Wednesday) at 1.30pm – please call to confirm

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
<b>2</b>	13	13	10	8	5	10	14	11	9 AGM	<b>6</b>	<b>4</b>
<b>16</b>	27	27	24	22	12	24	28	25	23	<b>20</b>	<b>18</b>
<b>30</b>					26						

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### 1.5 hour walk (Wednesday) at 1.30pm – please call to confirm

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
<b>9</b>	6	6	3	1	19	3	7	4	2	<b>13</b>	<b>11</b>
<b>23</b>	20	20	17	<b>15*</b>		<b>17*</b>	21	<b>18*</b>	16	<b>27</b>	
				29		31					

\* The dates marked with an asterisk is a coach trip with a walk.

## Pocklington – East Riding Leisure Francis Scaife

Burnby Lane, Pocklington YO42 2QE • [www.eastridingleisure.co.uk/francisscaife](http://www.eastridingleisure.co.uk/francisscaife)

For more information about the walks and the meeting points, or about giving/needling lifts please contact Isobel (01759) 303091, Wendy (01759) 305613 or Sue (01430) 871367.

### 1.5 hour walk (Friday) at 10am

Jan 18	Meet East Riding Leisure Francis Scaife	July 19	Meet East Riding Leisure Francis Scaife
Feb 1	Meet East Riding Leisure Francis Scaife	Aug 2	Meet East Riding Leisure Francis Scaife
Feb 15	Meet Canal Head	Aug 16	Meet Coates Bridge
Mar 1	Meet East Riding Leisure Francis Scaife	Aug 30	Meet East Riding Leisure Francis Scaife
Mar 15	Meet East Riding Leisure Francis Scaife	Sept 13	Meet Nunburnholme
Mar 29	Meet East Riding Leisure Francis Scaife	Sept 27	Meet East Riding Leisure Francis Scaife
Apr 12	Meet East Riding Leisure Francis Scaife	Oct 11	Meet Market Weighton Car Park (rear entrance)
Apr 26	Meet Plough Inn, Allerthorpe	Oct 25	Meet East Riding Leisure Francis Scaife
May 10	Meet East Riding Leisure Francis Scaife	Nov 8	Meet East Riding Leisure Francis Scaife
May 24	Meet North Cliffe Wood Nature Reserve YO43 4XE	Nov 22	Meet East Riding Leisure Francis Scaife
June 7	Meet KP car park	Dec 6	Meet East Riding Leisure Francis Scaife
June 21	Meet East Riding Leisure Francis Scaife	Dec 20	Meet East Riding Leisure Francis Scaife
July 5	Meet Towthorpe Corner Lay-by off A164		

## Sewerby – Sewerby Hall and Gardens

Clock Tower Cafe • Church Lane, Sewerby, Bridlington YO15 1EA • [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk)

### 1 hour walk (Tuesday) at 10.30am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
15	12	12	9	7	4	2	13	10	8	5	3
29	26	26	23	21	18	16	27	24	22	19	17
						30					

### LONGER PROGRESSION WALK 2 hour walk (Tuesday) at 10am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
8	5	5	2	14	11	9	6	3	1	12	10
22	19	19	16	28	25	23	20	17	15	26	
			30						29		

## South Cave – East Riding Leisure South Cave

Church Street, South Cave HU15 2EP • [www.eastridingleisure.co.uk/southcave](http://www.eastridingleisure.co.uk/southcave)

### 1 – 1.5 hour walk (Tuesday) at 10am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
15	12	12	9	7	4	2	13	10	8	5	3
29	26	26	23	21	18	16	27	24	22	19	17
						30					

## Stamford Bridge **NEW FOR 2019**

### Derwent Tea Rooms

The Square, Stamford Bridge, York YO41 1AF



### 1 hour walk (1st and 3rd Thursday) at 11am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
3	7	7	4	2	6	4	1	5	3	7	5
17	21	21	18	16	20	18	15	19	17	21	

## Welwick – Welwick Village Hall

Welwick Village Hall, Main Street, Welwick, Hull HU17 0RY

For more information about the walks please contact Janet via email at [janetwheelwright51@gmail.com](mailto:janetwheelwright51@gmail.com), or call Janet 07931 863002, Pat (01964) 630455 or Gill (01964) 630906

### 1 hour walk (Thursday) at 1.30pm

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
10	14	14	11	9	13	11	8	12	10	14	12

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### LONGER PROGRESSION WALK 2 hour walk (Thursday) at 1.30pm

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
24	28	28	25	23	27	25	22	26	24	28	-

## Withernsea

## East Riding Leisure Withernsea

Station Road, Withernsea HU19 2QA • [www.eastridingleisure.co.uk/withernsea](http://www.eastridingleisure.co.uk/withernsea)

### 1 hour walk (Wednesday) at 9.30am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
2	6	6	3	1	5	3	7	4	2	6	4
9	13	13	10	8	12	10	14	11	9	13	11
16	20	20	17	15	19	17	21	18	16	20	18
23	27	27	24	22	26	24	28	25	23	27	
30				29		31			30		

### LONGER PROGRESSION WALK 2 hour walk (Monday) at 9am

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
7	4	4	1	13	10	8	5	2	14	11	9
21	18	18	15		24	22	19	16	28	25	
			29	27				30			



# Weighton Walkers – Pub Walks 2019



All walks start at 10.30am. For further details please contact Andrew F Barber on 07843 784763 or visit [www.weightonwalkers.org](http://www.weightonwalkers.org)

Date	Area	Pub Meeting Point	Address	Distance	Length (approx)
11 January	Lelley	The Stags Head Inn	Humbleton Road, Lelley HU12 8SN	5 miles	2 ½ hours
8 February	Market Weighton	The Bay Horse	75 Market Place, Market Weighton YO43 3AN	6 miles	3 hours
8 March	Walkington	The Dog and Duck	Walkington, East Yorkshire HU17 8SX	5 miles	2 ½ hours
12 April	Blacktoft	The Hope and Anchor	Blacktoft, Goole DN14 7YW	7 miles	3 hours
10 May	Bishop Wilton	The Fleece Inn	47 Main Street, Bishop Wilton YO42 1RU	6 ½ miles	3 hours
14 June	Welton	The Green Dragon	Cowgate, Welton HU15 1NB	5 miles	2 ½ hours
12 July	Harpham	St Quintins Arms	Main Street, Harpham YO25 4QY	6 miles	3 hours
9 August	Flamborough	Ship Inn	Post Office Street, Flamborough YO15 1JS	6 miles	3 hours
13 September	Millington	The Gait Inn	Main Street, Millington YO42 1TX	5 miles	2 ½ hours
11 October	North Newbald	The Gnu	The Green, North Newbald YO43 4SA	4 ½ miles	2 hours
8 November	Allerthorpe	The Plough Inn	Main Street, Allerthorpe YO42 4RW	5 miles	2 ½ hours
13 December	Huggate	Wolds Inn	Driffield Road, York YO42 1YH	6 miles	3 hours

Please be aware that the walks may be over steep or uneven or muddy ground and as such suitable footwear must be worn. Wear clothing suitable for the weather and bring waterprooofs, just in case.

Neither East Riding of Yorkshire Council nor the organisers of the walks condone Drink Driving. If you wish to have a drink after the walk please arrange a designated driver or make alternative transport arrangements.

Ready to change to a  
**healthier**  
lifestyle?

**healthtrainers**  
Call us TODAY on free phone  
**0800 9177752**  
[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)



Healthy Eating



Alcohol



Mental Wellbeing



Weight Loss



Physical Activity



Smoking