

Weekly Walk Active Health Walks

Our walks are led by qualified walk leaders and provide a friendly and sociable atmosphere in which to enjoy some of our beautiful open spaces.

WALK	DAY	TIME	MEETING POINT	CONTACT
St.Pauls Cray	Monday	9.45am	Car Park at the top of Cotmandene Crescent	active lifestyles 020 8323 1705
Beckenham Place Park	Tuesday	9.45am	Mansion House Car Park	
Crystal Palace Park	Friday	9.45am	Outside Crystal Palace Information Centre	
Jubilee Park Petts Wood	Friday	1.40pm	Oxhawth Crescent (Southborough Lane Surgery end)	

General Information about Walks

Walks should take between 40-60 minutes and are between 2 – 3 miles

Some have moderate inclines; others are more challenging according to ability

At this stage, the routes are not totally wheelchair accessible

Walks involve some road and/or park walking and use of recognised footpaths through woodlands and fields. Some sections maybe slightly muddy if wet

Walks will take place every week at the same time and will only be cancelled if external conditions mean that walking would be dangerous

For more information on our walks and to find out how you can become a volunteer walk leader, contact active lifestyles on 020 8323 1705 or visit our website below.

