

Programme timetable

Take your first steps to a healthier future...

All walks are risk assessed and led by trained volunteer walk leaders. We encourage walkers to walk at their own pace.

Goffs Park

Every Tuesday
10.30-11.30am
Length 60 minutes



Meet at Goffs Park Car Park by level crossing, Horsham Road RH11 8AX.

A fantastic walk for people looking for a slightly faster pace walk. The walk often stops for a few minutes to feed the ducks!

Tilgate Park

Every other Tuesday
starting 2 January
9.30-10.30am
Length 60 minutes



Meet at Tilgate Golf Club Car Park, Titmus Drive, Tilgate RH10 5EU.

A very popular walk for people who are looking to increase their activity levels.

Refreshments available to purchase after the walk at Tilgate Forest Golf Centre.

Cherry Lane

Every Wednesday
10.30-12 noon
Length up to 90 minutes



Meet at Cherry Lane Car Park, Cherry Lane, Langley Green RH11 7NX

Refreshments – the group stops at The Plough Pub for tea and coffee.



St.Alban's Health Walk

Every Thursday
10-11am
Length option of up to 30 minutes or 60 minutes



Meet outside St.Alban's Church, Gossops Drive RH11 8LD.

Choose between two distances. Great for people who have not walked much before, or are returning from injury or illness.

Refreshments available after the walk inside the Community Hall.



Level 2 walks are also available starting at the same time as the level 1 walk.



WoW Health Walk

Every Thursday
9.30-10.30am
Length 60 minutes



Meet inside K2 Crawley by the Crawley Wellbeing Hub, Pease Pottage Hill RH11 9BQ.

Walks may include some resistance bands and light activity in Tilgate Park.

Refreshments available to purchase after the walk inside K2 Crawley.

Worth Park Wanders

Monthly - on the second Thursday of every month
from February to October
10.30-11.30am
Length 60 minutes



Meet at Worth Park Visitor Centre, Milton Mount Avenue, Pound Hill RH10 3DH

Limited parking which can be accessed from Milton Mount Avenue.

Join Worth Park Friends for a delightful guided walk around this beautiful restored garden, very easy flat walking. There will be a different themed walk each month.

Free refreshments available afterwards in Worth Park Visitor Centre.

For more information please contact Edwina Livesey on 01293 438027



Worth Park Wanders Wellbeing Walk



Monthly - on the fourth Thursday of each month from February to October
10.30-12 noon
Length up to 90 minutes

Meet at Worth Park Visitor Centre, Milton Mount Avenue, Pound Hill RH10 3DH.

For people looking to join a brisker walk followed by tea and coffee afterwards inside Worth Park Visitor Centre.



For more information on any of our walks contact the Crawley Wellbeing Team.

Call: 01293 585350

Email: alan.heaton@crawley.gov.uk

Website:

www.crawley.gov.uk/healthwalks

Joining is easy – choose a walk that's suitable for your needs, no need to book in advance just turn up on the day!