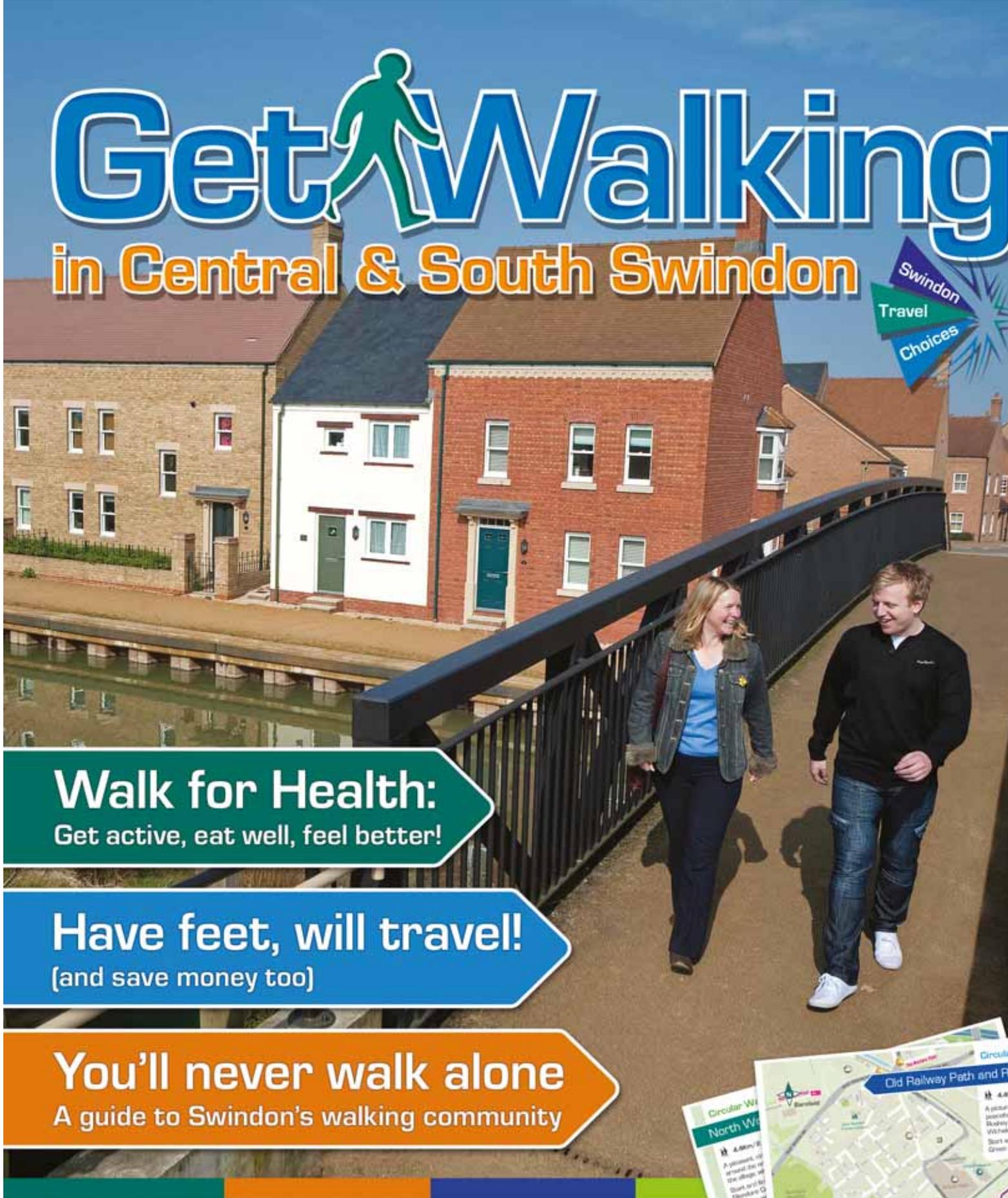


# Get Walking

## in Central & South Swindon



**Walk for Health:**

Get active, eat well, feel better!

**Have feet, will travel!**

(and save money too)

**You'll never walk alone**

A guide to Swindon's walking community



**These routes are made for walking!**

See our maps inside >>



# WALK THIS WAY

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## Why walk?

The health benefits

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## Walking Links

from Wroughton, through Wichelstowe to the town centre.

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## Have feet, will travel (and save money too!)

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## Walking to school

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## What to wear

As more cars clog up local roads and petrol prices rise, you can save time and money by making short journeys on foot.

And because walking is ideal natural exercise, if you tweak your habits and fit walking into your daily routine, you'll soon reap the health benefits too.

There are plenty of footpaths to lovely green spaces, like Queen's Park, the Lawns or Town Gardens, as well as walking routes to Wichelstowe and Wroughton.

Have a look at some of the easy-to-read walking route maps inside, and discover how you can walk into Swindon town centre from South Swindon in about 45 – 60 mins.

It's free, enjoyable, easy to do and good for your health and your wallet!

What could be better than walking?



# Why Walk?

Walking is an easy way to achieve the recommended two and a half hours of moderate exercise a week.

You can do it in your own time, at a pace to suit you, and you don't need special equipment or gym membership. Just put on a pair of comfortable shoes, and you're good to go!

"I've got feet, so I might as well use them."



Lynne from Wroughton joined her local Health Walk because it was friendly and free:

"I not only feel fitter and have lost weight since joining the Health Walk, but I've made good friends through the group too."

Brian, Volunteer Walk Leader for the Central Health Walk in Broadgreen:

"Walking is good for all-round physical and mental health. We find that people gradually increase their fitness as they walk more regularly, walking further and faster as they chat to others."

## How many steps?



Wearing a pedometer is a good way to see how far you're walking every day.

10,000 steps a day is recommended by the NHS, and you can walk 1000 steps in 10 mins.

## When and where? Walk everywhere!

Make it a habit and try and walk whenever you can ...to the shops, taking the stairs instead of the lift, doing the school run... you'll soon clock up your daily steps!

# 5 BIG benefits



1

### It can help you lose weight.

Walking burns calories which helps you manage your weight. This will vary from person to person, depending on a person's weight and the pace and distance they walk. As a general guide: a 180-pound (12.8 stone) person will burn 100 calories per mile and a 120-pound (8.5 stone) person will burn 65 calories per mile, walking at a fairly leisurely 3 mph (covering a mile in 20 mins). Brisk walking will use more calories.

2

### It's good exercise.

You can reduce your risk of developing serious conditions, like heart disease, strokes, Type 2 diabetes, some cancers and Alzheimer's disease.

3

### It will lift your mood.

Walking will reduce anxiety and help you to sleep.

4

### You'll get stronger.

Walking can improve your flexibility, the strength of your muscles, joints and bones, and reduce the risk of osteoporosis for women.

5

### Walking is enjoyable!

Don't take our word for it, go outside and give it a try!

Find out how to join a local walking group. Turn to page 6

# Walking links between Wroughton & Wichelstowe

Why not try walking into town – and catch a bus back?

Or walk both ways if you have the energy!

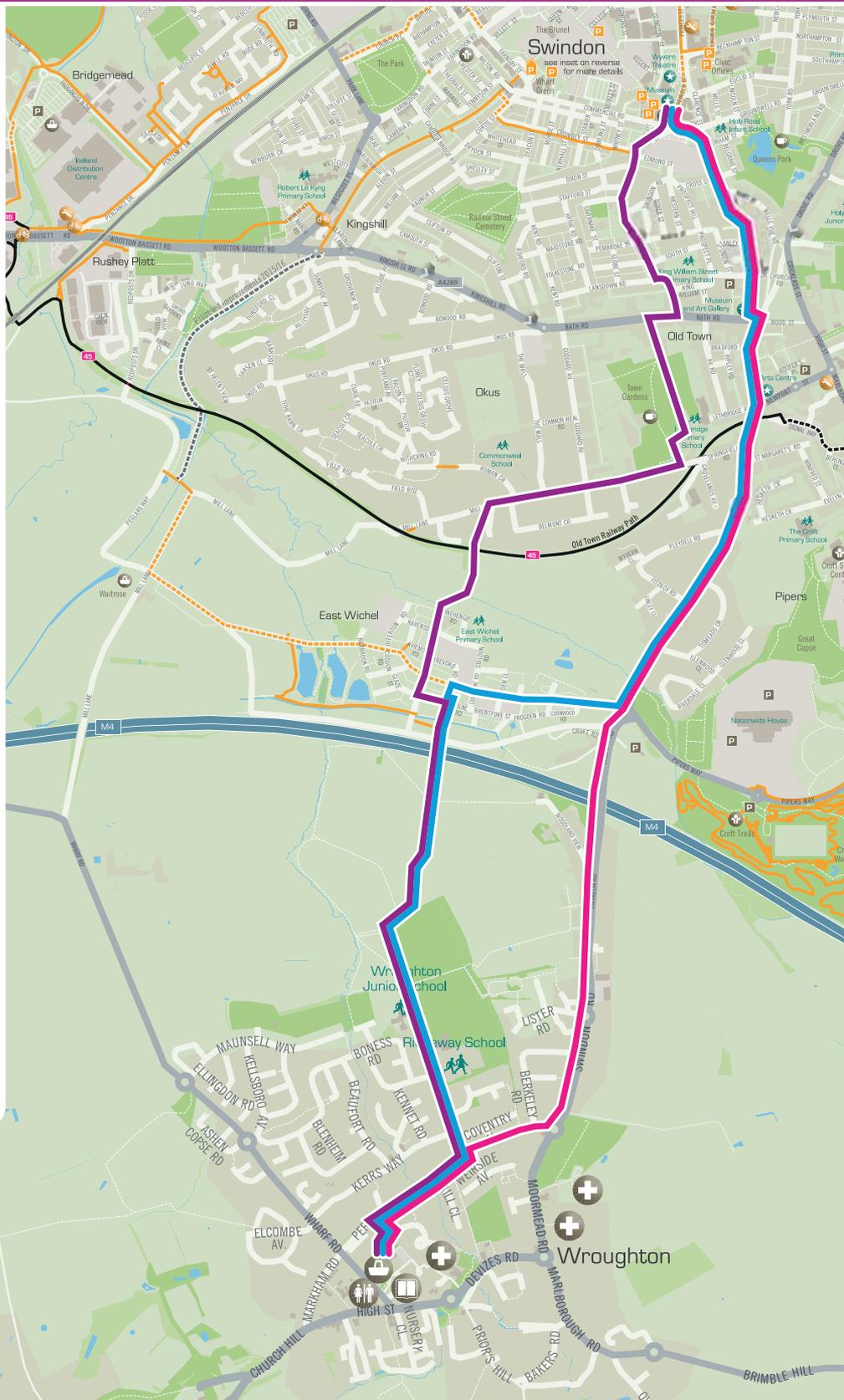


Choose from three alternative routes. **'Route A'** follows the paved route along Croft Road from Wroughton, into Old Town and down Victoria Road to the town centre.

**'Route B'** follows a picturesque green route from Wroughton through Wichelstowe, and alongside Town Gardens and Eastcott Hill to the town centre.

**'Route C'** follows the rural route to Wichelstowe from Wroughton, and along Croft Road to Old Town and Victoria Road.

All three routes emerge at Regent Circus.



average cycle time:  
average walk time:  
distance:



Base map © Open StreetMap contributors, CC-BY-SA

# to Swindon Town Centre

## Walking Words...

"I've made some good friends and discovered some lovely green areas in Swindon"

"Our lunchtime walking group is great. It makes me get up from my desk to stretch my legs, and I feel so much better after some fresh air"



"I can't walk far, but I love walking with a group, and we get together over a cup of tea afterwards"

"I feel so much fitter since joining the Heath Walk that I've taken up Zumba as well!"

"I walk to work because I can!"



"Footpaths get me away from exhaust fumes"

"I can afford to treat myself because I'm not filling the car up every other week"



**Route A:**  Average walk time along this route 50 – 55 mins

**Route B:**  Average walk time along this route 55 – 60 mins

**Route C:**  Average walk time along this route 50 – 55 mins

# You'll Never



"I never fail to be amazed at the distance we cover"

Joining a **walking group** is an ideal way to explore your local area, and can help motivate you to walk further more often. You'll meet new people, you won't get lost, and you may be surprised at the distances you can cover when you're walking and chatting.

Find a local walking group (see opposite) or why not set up your own group with friends or work colleagues?

## SWINDON HEALTH WALKS

Swindon Health Walks are free, safe and friendly group walks lasting 40 – 50 mins, followed by socialising and refreshments. The groups are led by trained volunteers, who'll encourage you to walk at a comfortable pace, but fairly briskly for health. The walks shouldn't make you too breathless (you should still be able to hold a conversation) but you'll be encouraged to:

- Breathe a little faster
- Feel somewhat warmer
- Increase your heart rate

The walks, which are part of the nationally accredited 'Walking for Health' scheme, also include Gentle Walking groups, which walk at a slower pace for up to 20 minutes and offer additional seated exercise sessions.



Train to be a **Volunteer Walk Leader** for **Swindon Health Walks** or find out how you can set up your own walking group, call 01793 465413.

## NE WILTSHIRE RAMBLERS



The local group offers a variety of weekend and evening walks from 3 miles to 15 miles. The first three walks are free, and then you're encouraged to join the Ramblers.

Visit [www.ramblers-wilts.org.uk](http://www.ramblers-wilts.org.uk)

## WALK FIT

These fitness instructor-led groups are suitable for people who want to improve their fitness. Moderate fitness levels needed.



# Walk Alone



## Weekly Walks Diary - what, when and where



| When?                       | What?  | Where?                            | How far?  | More information   |
|-----------------------------|--|-----------------------------------|---|--|
| Monday<br>10am – 11am       | Penhill Health Walk  | St.Peter's Church Hall            | 2 – 3 miles/40 – 50 mins.<br>Easy, fairly brisk.      | Call<br>01793 465413   |
| Monday<br>2pm – 3pm         | Covingham Health Walk  | St. Paul's Church Hall            | 2 – 3 miles/40 – 50 mins.<br>Easy, fairly brisk.      | Call 01793 465413  |
| Monday<br>10am – 11.30am    | * Walk Fit<br>Led by a Fitness instructor.                         | The Link Centre                   | 4 – 6 miles.<br>Good/moderate fitness levels needed.  | Call<br>01793 465413   |
| Monday<br>2pm – 3pm         | Haydon Gentle Health Walk<br>Led by volunteers.<br>Very slow pace. | Haydon Leisure Centre             | Very short distance/<br>walk for up to 20 mins max.   | Call<br>01793 465413   |
| Monday<br>2pm               | Shaw Health Walk   | Lower Shaw Farm                   | 2–3 miles/40 - 50 mins.<br>Easy, fairly brisk.        | Call<br>01793 465413   |
| Tuesday<br>10am             | Walcot Gentle Health Walk  | Buckhurst Park Community Centre   | Very short distance/walk for<br>up to 20 mins max     | Call<br>01793 465413   |
| Tuesday<br>10am             | Toothill Health Walk   | Toothill Community Centre         | 2–3 miles/40 – 50 mins.<br>Easy, fairly brisk.        | Call<br>01793 465413   |
| Tuesday<br>10am             | Central Health Walk  | Broadgreen Community Centre       | 2–3 miles/40–50 mins.<br>Easy, fairly brisk.          | Call<br>01793 465413   |
| Tuesday<br>12.50pm          | Sanford Health Walk  | Swindon Advice and Support Centre | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk.       | Call<br>01793 465413   |
| Tuesday<br>1.30pm           | Gorsehill Gentle Health Walk                                       | Gorsehill Community Centre        | Very short distance/walk for<br>up to 20 mins max     | Call<br>01793 465413   |
| Wednesday<br>10am           | Walcot Health Walk   | St. Andrew's Church               | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk.       | Call<br>01793 465413   |
| Wednesday<br>7pm            | * Twin Peaks Walking Group   | Haydon Leisure Centre             | @5 miles<br>Moderate/good fitness levels needed.      | Call Lynn Parfrey on<br>07840 222543 to find out about other walks |
| Thursday<br>9.45am          | Haydon Health Walk   | Haydon Leisure Centre             | 2 -3 miles/40 – 50 mins<br>Easy, fairly brisk.        | Call<br>01793 465413   |
| Thursday<br>10am            | Wroughton Health Walk  | Ellendune Centre                  | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk.       | Call<br>01793 465413   |
| Thursday<br>10.00am         | Ladies Health Walk   | Broadgreen Community Centre       | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk        | Call<br>01793 465413   |
| Thursday<br>2.00pm          | Park South Health Walk   | Park South Community Centre       | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk        | Call<br>01793 465413   |
| Friday<br>10am              | Pinehurst Health Walk  | Pinetrees Community Centre        | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk.       | Call<br>01793 465413   |
| Friday<br>10.30am           | Liden Health Walk  | Derryck Evans House               | 2 – 3 miles/40 – 50 mins<br>Easy, fairly brisk.       | Call<br>01793 465413   |
| Friday<br>11.45am – 12.45pm | * Ladies Walk Fit<br>Led by a Fitness Instructor.                  | Croft Leisure Centre              | 3 – 4 miles<br>Moderate/good level of fitness needed. | Call<br>01793 465413   |

Please note: most groups are free, unless marked \*



## Rambling on the Ridgeway

Overlooking the town of Swindon, Barbury Castle Country Park is a 60 hectare site just south of Wroughton, and a great place for walking, flying kites or spotting wildlife. The iron-age hillfort is the best example of this habitat, as part of it has remained undisturbed since ancient times. The thin soil with good drainage allows only specialist plants to grow.

Barbury Castle Country Park is a Scheduled Ancient Monument, Local Nature Reserve, County Wildlife Site, Country Park and part of the North Wessex Downs Area of Outstanding Natural Beauty (AONB).

The Ridgeway National Trail runs through the site. This 87-mile track has been used since prehistoric times and is reckoned to be the oldest road in Britain.

Suggested walks around the Barbury Castle area can be downloaded from [www.visitwiltshire.co.uk](http://www.visitwiltshire.co.uk)



# Simple Steps to be Safe

Enjoy all the benefits of walking and keep safe  
Just follow a few basic tips...

### 'Be bright, be seen'.



Wear bright or light clothing, with reflective strips on a jacket or bag so you can be seen when light levels fall.

It's best to choose routes that are **well-used** and **well-lit** if you're out and about after dark.

Keeping Swindon **Safe**

It's a good idea to know where you're headed or to **take a map** if you don't. Go to [www.swindontravelchoices.org.uk](http://www.swindontravelchoices.org.uk)



If you're wearing headphones, just make sure you can still hear traffic and be aware of what's going on around you. You often hear traffic before you can see it!

**Take some money** in case you need to use public transport.

It sounds like basic advice, but **keep looking and listening as you cross the road** so you don't get distracted ...and look out for cyclists!



**Carry a charged mobile** and, if possible, let someone know where you're going if you're going on a long walk.

**Use crossings where you can**, and if you're walking with young children, hold their hand or get them to hold on to pushchair handles.

**sustrans**  
JOIN THE MOVEMENT

For more on safe walking routes, go to [www.sustrans.org.uk](http://www.sustrans.org.uk)

# These routes are made for walking!

Step out and spot  
the wildlife for  
yourself...

Why not walk  
to a local  
green space?

Queens Park

Bruddel Wood

Lawns Park

Town Gardens

Rushey Platt nature reserve

Our handy  
'pull-out & keep'  
route maps are all  
short walks and  
feature hidden  
gems that you  
can't see from  
the road >>

Discover some easy circular walks in Central & South Swindon

QUICK CLICK: To find other walking routes, go to: [www.getwalking.org/swindon](http://www.getwalking.org/swindon)

# Circular Walk 1

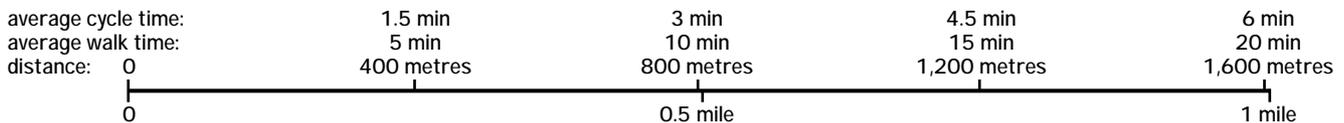
## Lawn Circuit

 4.4Km/2.8 miles

A circular walk through woodland, with views of the reservoir at Coate Water. Sturdy footwear is recommended.

Start and finish at Croft Leisure Centre.

Facilities available at Coate Water.



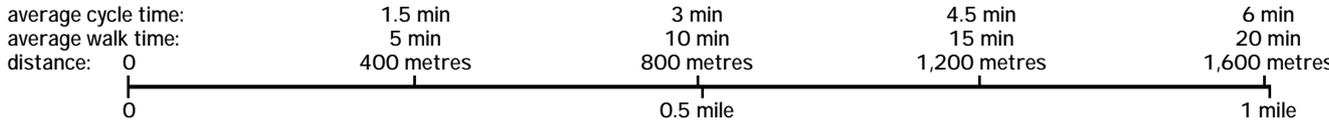
Base map © Open StreetMap

# Old Railway Path and Rushey Platt

4.4Km/2.75 miles

A picturesque walk to the peaceful nature reserve at Rushey Platt, with views of Wichelstowe.

Start and finish at Wharf Green



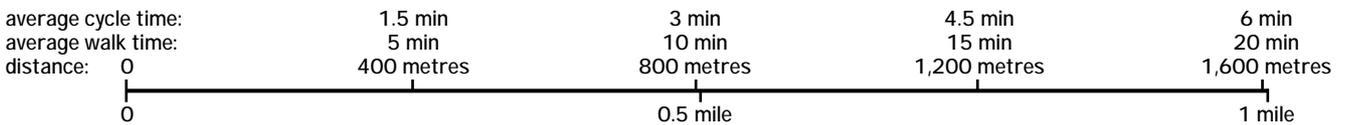
Base map © Open StreetMap

## Circular Walk 3

# North Wroughton Circular

 4.4Km/2.8 miles

A pleasant, circular walk around the northern edge of the village, with views of Okus. Start and finish at the Ellendune Community Centre (facilities available).



Base map © Open StreetMap

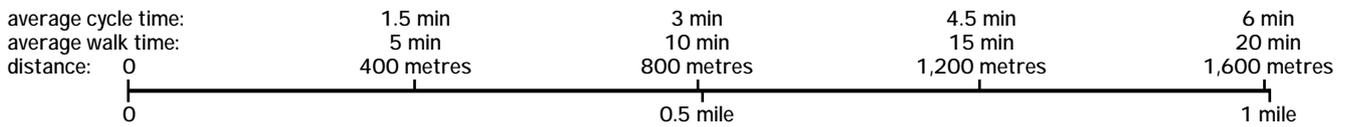
## Circular Walk 4

# Green Corridors around Old Town

 5.6Km/3.5 miles

A lovely circular walk through local parks and along the leafy corridor of the Old Town Railway Path.

Start and finish at the Arts Centre, Newport Street (facilities available).



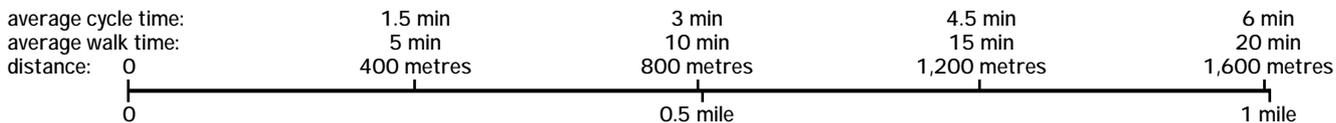
Base map © Open StreetMap

# Circular Walk 5

## Radnor Street Trail

**4Km/2.5 miles**

This scenic walk follows the lower end of the Western flyer and includes the nature reserve at Radnor Street Cemetery, with good views across northern Swindon and the old railway village. Facilities available at the Oasis Leisure Centre.



Base map © Open StreetMap

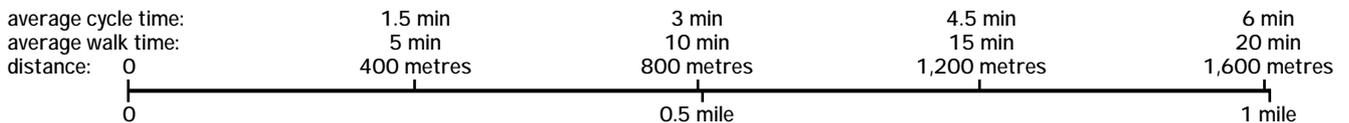
## Circular Walk 6

# Old Wroughton

 3.6Km/2.3 miles

This attractive circular walk explores Old Wroughton to the south of the village, meandering past pretty thatched cottages.

Start and finish at the Ellendune Centre (facilities available).



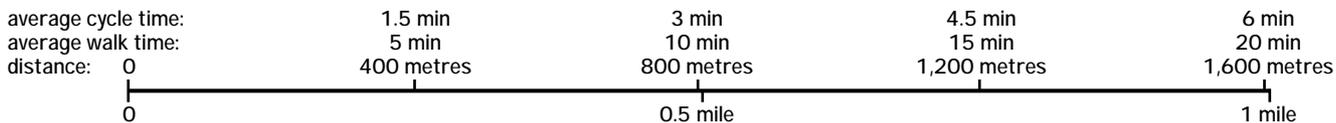
Base map © Open StreetMap

# Circular Walk 7

## Town Centre Trail

 4.8Km/3 miles

A scenic, urban walk through green spaces and past two of the town's war memorials in Kingshill and Old Town. Start and finish at the Health Hydro, Milton Road (facilities available).



Base map © Open StreetMap

Find each of these creatures and plants when you go walking in Central and South Swindon!

# Will you take the Wildlife Challenge?

A variety of wildlife lives in and around the green spaces of Central and South Swindon.

Can you spot any of these? **On foot of course!**

## Common Toad (*Bufo bufo*)



This grey-brown amphibian is covered with warty bumps and lives in wetland and wooded areas. It hibernates through the winter, but you may be able to spot it shuffling around or making short jumps at dusk through the spring and summer.

## Common Bluebell (*Hyacinthoides non-scripta*)



Find these violet-blue flowers in spring. The tubular-shaped flowers have a distinctive sweet scent and carpet the ground in woodland areas.

## Garlic Mustard (*Alliaria petiolata*)

This tall plant with its yellow-white flowers and heart-shaped leaves flowers from April to June, and can be found along hedgerows and river banks. It has a distinct smell of garlic when its leaves are crushed (hence its name).

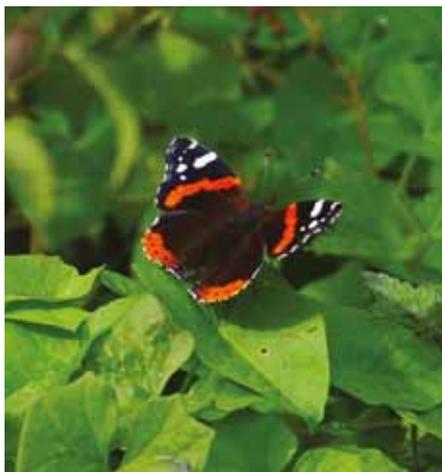


## Mallard (*Anas platyrhynchos*)



Spot the male of the species (the drake) with his bright green head, white collar, grey wings and yellow bill alongside the speckled brown female. At home in both freshwater and saltwater areas, you'll find this wild duck paddling along lakes and rivers.

## Red Admiral Butterfly (*Vanessa atalanta*)



Striking red bands cut across the black wings of one of our most common butterflies. Spot it bobbing along bramble hedgerows, gathering nectar during the spring and summer. Numbers increase in May and June, as migrants arrive from the continent.

## Common Beech (*Fagus sylvatica*)

(*Fagus sylvatica*)



Look out for this tall, dome-shaped deciduous tree, which grows to a height of more than 40m and produces catkins and white flowers in May and June. The tree is native to southern England and can live for hundreds of years.

## Meadow Cranesbill (*Geranium pratense*)

(*Geranium pratense*)



See this lovely wildflower growing in local grassland and at the side of streams. It's tall (65 – 75cm) and produces stunning violet-blue flowers and purple-edged leaves from June to September.

Garlic Mustard, Mallard and Meadow Cranesbill photographs courtesy of Tim Kaye.

Common Beech and Common Bluebell photographs courtesy of Rob Large.

Common Toad photograph courtesy of Tony Coultiss.

Red Admiral Butterfly photograph courtesy of Dianne Gale.

# Swindon's hidden gems

## 1 Radnor Street Cemetery



Radnor Street Cemetery is also known locally as Clifton Street Cemetery.

The cemetery covers a large sloping area, incorporating some 33,000 internments.

Inside the grounds is a small chapel, which is not used for weekly worship, but in the past was used when a funeral took place; nowadays it is opened on occasions for displays by the Friends of Radnor Street Cemetery, who also hold tours of the cemetery (see details on their Facebook page).

Outside the chapel is a war memorial. This is an official Commonwealth War Graves Cemetery where 104 servicemen are buried from both world wars.



## 2 Faringdon Road Park



Faringdon Park (once known as the GWR Park – and also known over the years as The Plantation and Victoria Park) played a big part in the social life of the Swindon Railway Villagers and occupies a special place in the history of Swindon. It was purchased by the Great Western Railway in 1844 for the benefit of the railway workers who lived in the 300 cottages to the east of the park.

In 1925, The Park was made over to Swindon Corporation for use as a public park, and is now popular with local residents enjoying a leisurely stroll and central Swindon office workers taking a break from work.

## 3 Lawns Park



"The Lawns" are the former estate of the Goddard family, the Lords of the Manor of Old Swindon. This 50 acre park has two lakes, panoramic views of Swindon and contains the ruins of Swindon's oldest remaining building - Holy Rood Church.

There are a number of surfaced paths around the park suitable for wheelchair users. These offer views of all the park's features and habitats including its woodland, parkland, meadows and lakes.

## 4 Queen's Park

Queen's Park is located near the Swindon Town Centre, with the main entrances being off Drove Road and York Road. There is also an entrance off Groundwell Road, and at the bottom of Durham Street.



The park was designed to reflect the modern informality of the 1960's, rather than the Victorian splendour and formality of Town Gardens. The aim was to create a garden where cultivated plants and trees can be grown in natural surroundings with an atmosphere of freedom and space. Today Queen's Park holds an impressive collection of ornamental trees and shrubs.

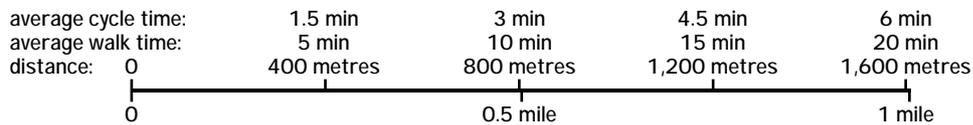
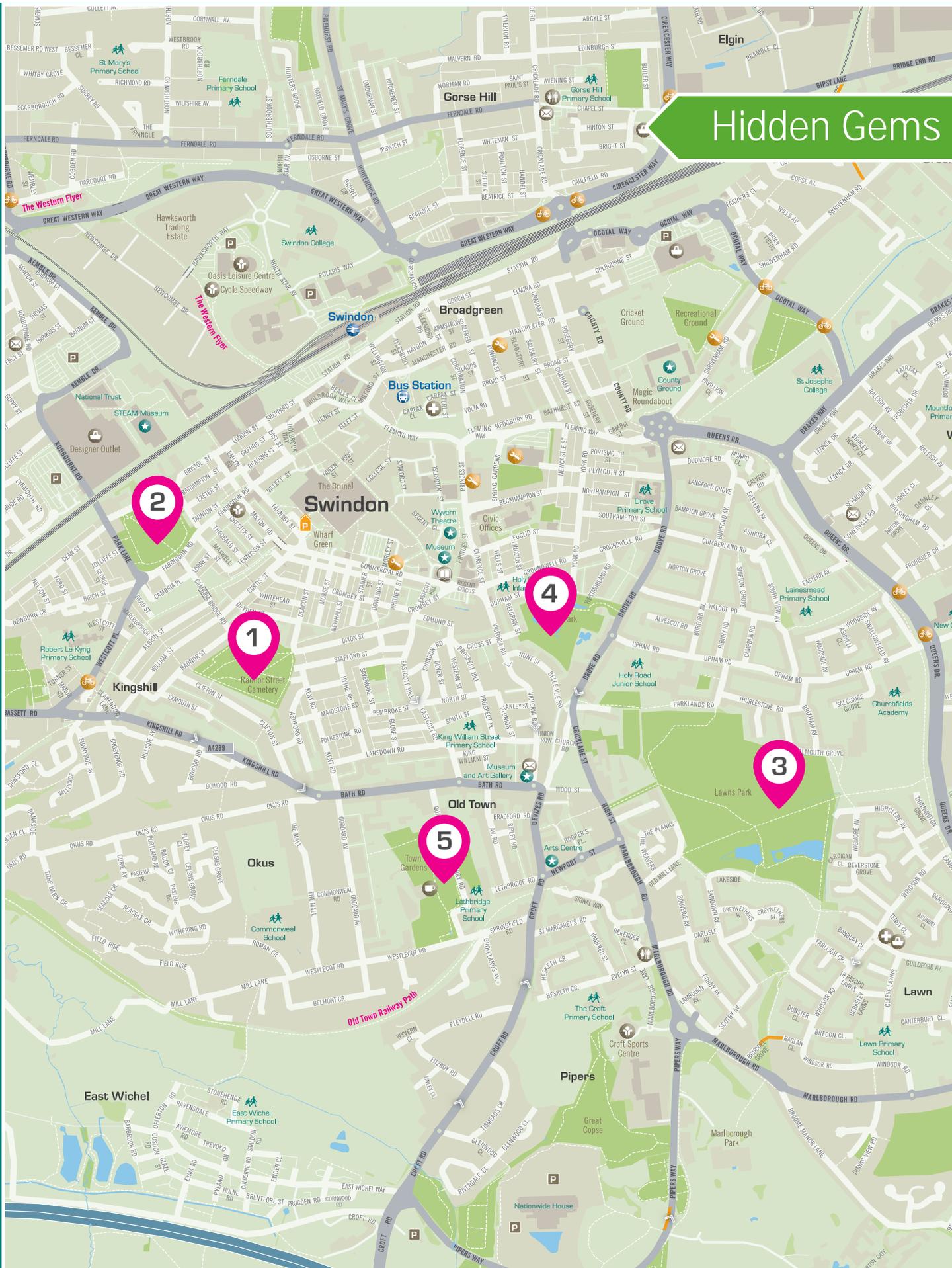
## 5 Town Gardens

The Town Gardens is a superb Victorian park in a very quiet setting in Old Town. Special music events are often held in the Town Gardens Bowl - a natural amphitheatre. There is also an aviary, bowling green, rose garden and cafe.

Today the Gardens still retain the feeling of their original Victorian splendour. Spanning over six hectares, they have been laid out to create an environment where visitors can stroll and relax.



# Hidden Gems



Base map © Open StreetMap



# Have feet, will travel

## ...and save money too!

If you only live a couple of miles from work, you can kick-start your day just by walking to work.

Once you've planned your route and know where you're going, you can start enjoying the benefits of striding to work, like knowing how long your journey will take you every morning!



Look at [www.walkit.com/swindon](http://www.walkit.com/swindon) to plan your journey to work ...or go to [www.swindontravelchoices.co.uk](http://www.swindontravelchoices.co.uk) to find out more.

### Apart from saving money on petrol, walking can mean...

- Avoiding the traffic queues
- Never having to worry about hikes in parking charges or those elusive parking spaces
- Stretching your legs and eyes after hours at that VDU
- Getting to know your local area
- Clearing your head so you arrive home feeling much more relaxed
- Spotting sales and offers in local shops
- Picking up a few groceries / your dry cleaning / those photos on your way home
- Having a chance to chat to colleagues or neighbours
- An easy way to burn calories and tone up
- Saving money on gym fees

Rachel lives in Wichelstowe and walks to her workplace in the town centre:

"As a busy Mum of two, walking to work gives me uninterrupted 'me time' to enjoy with my ipod, taking in the fresh air, saying polite good mornings to fellow walkers, listening to the birds and a bit of clarity before the busy day begins. Needless to say my legs will continue to be my choice of transport for a while yet!"

Jennifer lives near Old Town and works for a company on Pipers Way:

"I walk to work every day so I'm getting regular exercise without having to go to a gym, pay monthly fees or squeeze an activity in between the demands of work and family."

# Get active... Eat well... Feel better!

The Sports Participation and Health Improvement team at Swindon Borough Council offers a variety of programmes to help people of all ages and abilities make lifestyle changes and healthy choices.

So, whether you'd like advice on healthy eating for your child or you've just retired and fancy getting a bit more active, the team can help you to get started and support you.

## Some of the Health Improvement programmes include:

### ALIVE 'N' KICKING



A fun, free programme for children and young people aged 2 - 16 years.

If you think your child is above a healthy weight and you would like more information about Alive 'n' Kicking, phone (01793) 465412.

Go to [www.swindon.gov.uk](http://www.swindon.gov.uk) to find out more, or speak to your GP to find out if you can be referred to a health improvement programme.

### DIETBUSTERS

A free weight management programme for adults, with referral from your GP (subject to meeting the criteria). Course includes education and exercise.

"Dietbusters has made such a difference to me and I feel more confident. I'm swimming again and have started doing Aquafit. I'm reaching my goals and the weight is coming off".

Call (01793) 464904 for information.

### STEPS TO HEALTH

A free 12-week exercise programme tailored for you, with referral from your GP.

"The combination of education and exercise was the perfect starting point for me. The whole approach was so positive, and in just 12 weeks I feel so much better than I did at the start of the programme."

Call (01793) 465407 for information.

### WEEKLY ACTIVITY SESSIONS

A wide range of physical activity sessions for the more mature adult, beginners, or those with health conditions.

Includes: Exercise to music; Chair classes; Gentle circuits, Supervised gym sessions and much more.

Call (01793) 464907/4902 for information.

### WALKING FOR HEALTH

Choose from a variety of walking groups for all abilities. Many groups are free.

"I feel so much fitter since joining the walking group that I've taken up Zumba Gold too."

Call (01793) 465413 or go to [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) for more information.

walk 4 life

Fancy burning 30% more calories when you walk? Find out more on page 23



Walking to school can be quicker than driving, and it's a great way to spend quality time with your children.

# Walking to **makes sense!**

If you have to drive to school, why not 'Park and Stride'?

Find a safe place to park a short distance from the school and walk the last few minutes of your journey. This will give you all the benefits of walking and avoid the congestion at the school gate, so it will be safer for everyone.

For more information on walking to school, 5 min walk zones or walking buses, email [jdeeley@swindon.gov.uk](mailto:jdeeley@swindon.gov.uk) or visit [www.livingstreets.org.uk](http://www.livingstreets.org.uk)



Research shows that children who walk to school arrive more alert and ready to learn at the start of the day

Mrs Limbu from Park South:

"Walking to school is good exercise for us, we get fresh air and it gives me time to chat with my children."

Nicolle from Park South:

"My kids talk all the way home, I find out so much about what's going on in their lives, and I can go over road safety with them to help keep them safe when they're out on their own."

## Top marks for walking

✓ It saves you money

Parents could save an average of £642 each year by walking rather than driving to school.

✓ It's sociable

84% of children who walk to school meet up with their friends on the way.

✓ It's educational

Following footpaths to school helps children get to know their way around their local area and to be more independent.

✓ It's better for the planet

Walking cuts CO2 emissions, as well as exhaust fumes around the school gate.

✓ It's good for you too!

Striding to school with the kids is good exercise for you too!

You don't need expensive gear or special walking boots for everyday walking. The great thing about walking for exercise is that you can just wear your usual clothes and comfortable shoes (unless you normally wear really high heels!).

## What to wear

**Breathable clothes**, which are either loose-fitting or have a bit of 'stretch' tend to be more comfortable, and it's a good idea to wear layers, especially as your body temperature rises when you get walking. Most fabrics are fine, although jeans are more likely to stay damp and cold if they get wet. Tight-fitting denim can also cut in to you over longer distances.



A **waterproof jacket** with a hood is usually a must, and if you're out and about after dark, wearing light or bright colours, with reflective strips on a jacket or bag means you'll be visible.

Popping a **small bottle of water** into your bag will help to keep you hydrated in warmer weather, and it's worth remembering **sunglasses** or a **hat** too.



If you're planning to head 'off-road' and on to rural trails, you could consider wearing **walking shoes** or boots to give you more support.

An **extra pair of socks** will help to cushion your feet, but you may want to avoid breaking in a new pair of walking shoes if you're going for a longer walk!



# Walking with Poles

If you enjoy walking, but would like to try something new, why not try **NORDIC WALKING**?

Nordic walkers use two lightweight poles to harness movement in their arms and upper body. They put pressure on the poles as they move along, creating momentum and speed. And because Nordic Walking uses more energy than normal walking, it's a great way to increase your fitness.



Ann Jones recently joined a Nordic Walking group that walks in West Swindon:

"I love Nordic walking, it's great fun and something different. I feel so much fitter since I started, and I've found new walking trails around Shaw Ridge and Lydiard Park."

### Q: How did it start?

Nordic walking started in Finland in the 1930's, when competitive skiers started training off-season on grass. Today it's become the fastest growing fitness activity in the world.

### Q: Can anyone do it?

Nordic Walking is easy and most people can do it with a bit of practise.

### Q: What do I need?

You need lightweight poles, usually made of aluminium or carbon fibre. The poles come in one-piece with wrist-straps, so you need to find the right length for you. Most instructors will usually offer a free taster session so you can have a go before buying your own.

### Q: How do I get started?

Go to [www.nordicwalking.co.uk](http://www.nordicwalking.co.uk) or contact a local instructor below to find a Nordic Walking group:

Sarah Walters: 07909 956563

Sue and Duncan Daniels: 07977 284135



# An easier way to plan your journey



[www.swindontravelchoices.co.uk](http://www.swindontravelchoices.co.uk)



## An easier way to plan your journey

- Journey planner allows people to plan and compare routes by bike, on foot or by bus, car and train
- All Swindon travel information in one easy to use website

Visit [www.swindontravelchoices.co.uk/jplanner/](http://www.swindontravelchoices.co.uk/jplanner/) or scan the QR code below to plan your local journey.



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