

Get Walking In West Swindon

Swindon
Travel
Choices

Walk for Health:

Get active, eat well, feel better!

Have feet, will travel!:

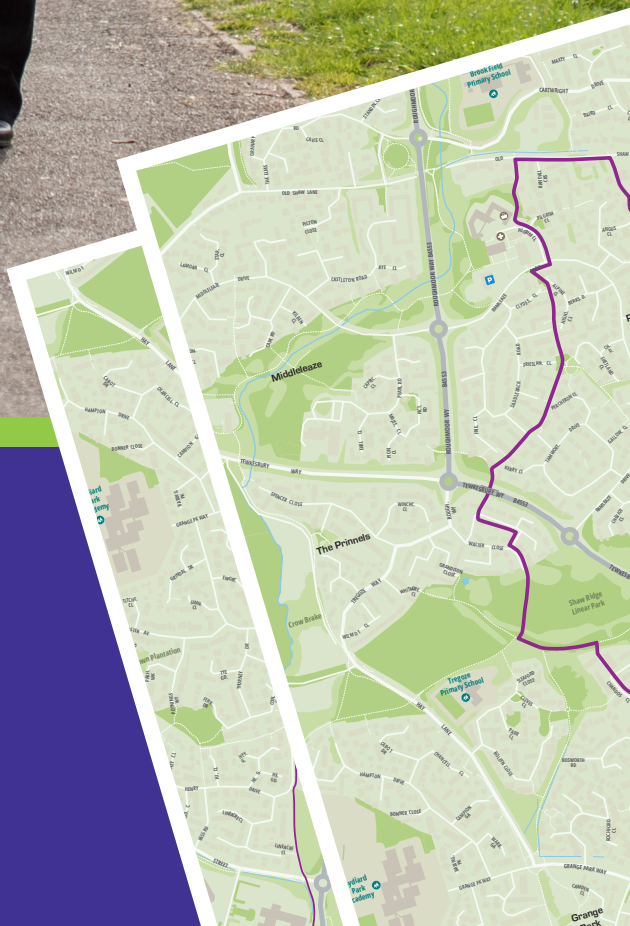
(and save money too)

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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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 Lydiard Park, Peatmoor Lagoon and Shaw Ridge as well as walking routes to Swindon town centre.

Have a look at some of the easy-to-read walking routes maps inside, and discover how you can walk around your local area.

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!



Sue from Toothill started making local journeys on foot when her doctor advised her she needed to take more exercise:

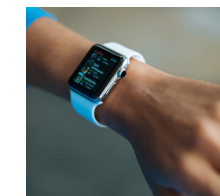
"I've lost a stone over the past six months and discovered quiet pathways and wildlife havens I didn't even know existed."

Kevin, Volunteer Walk Leader, says:

"Walking is great exercise and gradually building up to a brisk pace means you'll get the best health benefits. Ideally, you should walk fast enough to increase your heart rate, but still be able to hold a conversation."

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!

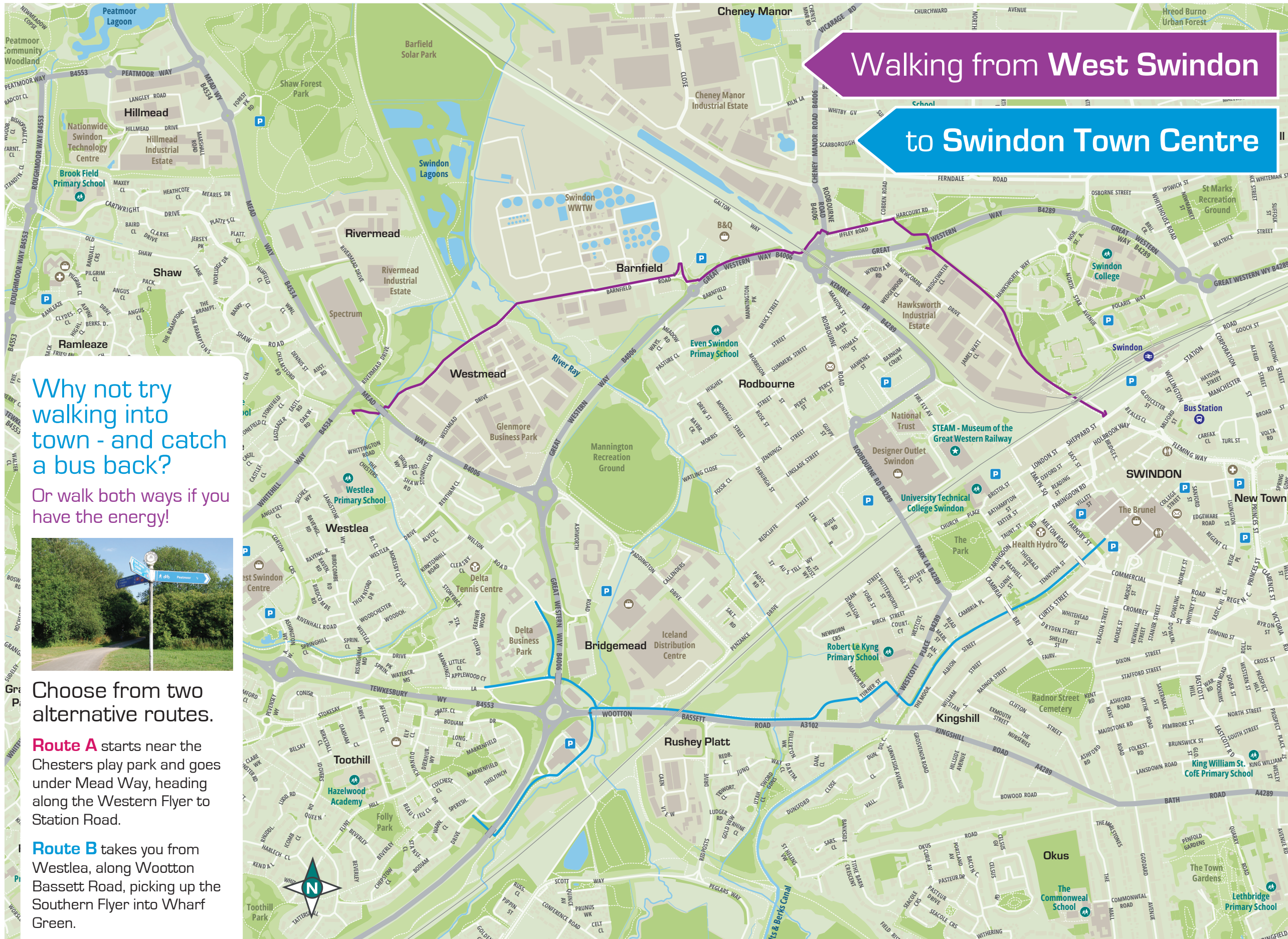
Make it a habit and try and walk whenever you can ...to the shops, taking the stairs instead of the lift, doing the school run... You'll soon clock up your daily steps!

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 from West Swindon 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”

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

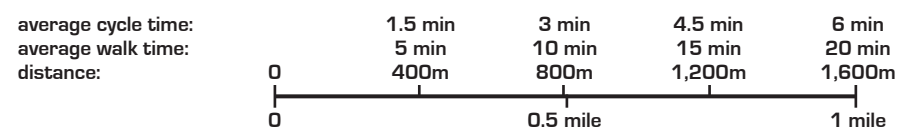
Or walk both ways if you have the energy!



Choose from two alternative routes.

Route A starts near the Chesters play park and goes under Mead Way, heading along the Western Flyer to Station Road.

Route B takes you from Westlea, along Wootton Bassett Road, picking up the Southern Flyer into Wharf Green.



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

Route A: ~ Average walk time along this route 80 – 100 mins

Route B: ~ Average walk time along this route 60 – 80 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?

STEP OUT SWINDON

Step out Swindon provides free, safe and friendly group walks lasting up to 1 hour, 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, some of which include slower and/or shorter sessions, and the Gentle Mobility walk at Haydon Wick, which lasts for up to 30 minutes, allow those less mobile to take part.

WILTSHIRE RAMBLERS

Wiltshire Ramblers currently total some 1,300 members within 5 groups. Our groups work towards the charitable aims of Ramblers in different ways, all organising programmes of led walks within Wiltshire and its neighbouring counties.

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.wiltsswindonramblers.org.uk



HIGHWORTH AND SWINDON WALKING CLUB

The Highworth and Swindon Walking Club is a friendly group whose members enjoy walking in the countryside. The walks are typically 5 to 12 miles with gradients to suit all abilities. Short walks may include an optional pub lunch whilst one Sunday each month we visit the Brecon Beacons. The club has walking weekends away each year, exploring different parts of the country as well as social events.

The Club is an independent organisation affiliated to The Ramblers; Membership is £6.00/year. See <https://highworthswindonwalking.com/> or their Facebook page for more details.

Walk Alone

Weekly Walks Diary - what, when and where



Step out Swindon is a self-funding volunteer led scheme with 9 wellbeing walks in the Swindon area. There are currently over 650 walkers registered with the scheme and this is growing every week as people become aware of the health and wellbeing benefits of walking and socialising with a group.

New members are always made welcome and the ability to walk for about an hour is the only qualification required. The volunteers take care of those who start off slowly and ensure that they always get back for the all-important refreshments and social chat at the end of every walk.

The walks in the table below are correct as of spring 2026, but we advise you check on the website or contact the organiser before turning up.

If you require any further information then please call Grahame Lee, Scheme Co-ordinator on 07932 109209 or <https://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-step-out-swindon>.



All Wellbeing walks are free but a donation is welcomed towards refreshments etc.

When?	What?	Where?	How far?
Mondays at 10am	Penhill Wellbeing Walk	John Moulton Hall Community Centre	2-3 mile walk, up to 1 hour.
Mondays at 10.30am	Christ Church Old Town Wellbeing Walk	Christ Church Community Centre	2-3 mile walk, up to 1 hour.
Mondays at 2pm	Covingham Wellbeing Walk	St Pauls Church Hall	2-3 mile walk, up to 1 hour.
Thursdays at 10.30am	Haydon Wick Gentle Mobility Walk	Haydon Centre	Very short distance, slow pace. Up to 30 minutes
Mondays at 2pm	Lower Shaw Farm Wellbeing Walk	Lower Shaw Farm	2-3 mile walk, up to 1 hour.
Thursdays at 10am	Haydon Wick Wellbeing Walk	Haydon Centre	2-3 mile walk, up to 1 hour.
Thursdays at 10am	Wroughton Wellbeing Walk	Ellendune Centre	2-3 mile walk, up to 1 hour.
Thursdays at 2pm	Mannington Health Walk	Mannington Retail Park (TK Maxx)	2-3 mile walk, up to 1 hour.
Fridays at 10.30am	Croft Old Town Wellbeing walk	Croft Sports Centre	2-3 mile walk, up to 1 hour.

Keeping the little ones happy



Across West Swindon, the Parish Council provide a broad range of play areas that can be easily accessed on foot. There are 20 play areas catering for all ages with toddler play areas, zip wires, ball courts and multi play. Most have benches so you can sit and keep an eye on them.

There's also a skate park and pump track located in the Westlea area of West Swindon on Rivermead Drive. The skate park features quarter pipes, concrete ramp, grind box, combination ramp, grind box with steps and grind rails.

The pump track has been designed to accommodate all kinds of 'wheels' including wheelchairs, skateboards and bikes!

West Swindon Parish Council is responsible for day to day maintenance and improvements of all these areas.

You can see the parks on a map and get more information at www.westswindon-pc.gov.uk/parish-features



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



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. Don't use the mobile phone whilst crossing the road.

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. Make sure traffic has stopped before stepping into the road, even on a crossing.

These routes are made for walking!

Step out and spot the wildlife for yourself...

Why not walk to a local green space?

Shaw Ridge

Grange Park

Rivermead

Peatmoor

Ridgeway Farm

Sparcells

Freshbrook

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 West Swindon





Circular Walk 3

Shaw and Rivermead

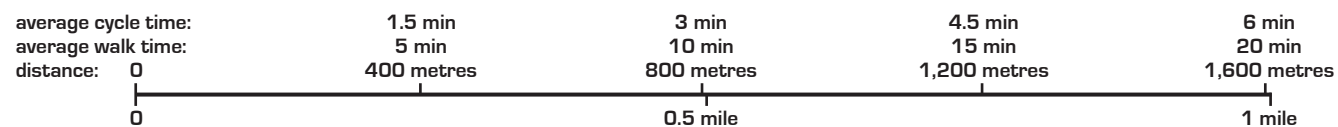


50 mins

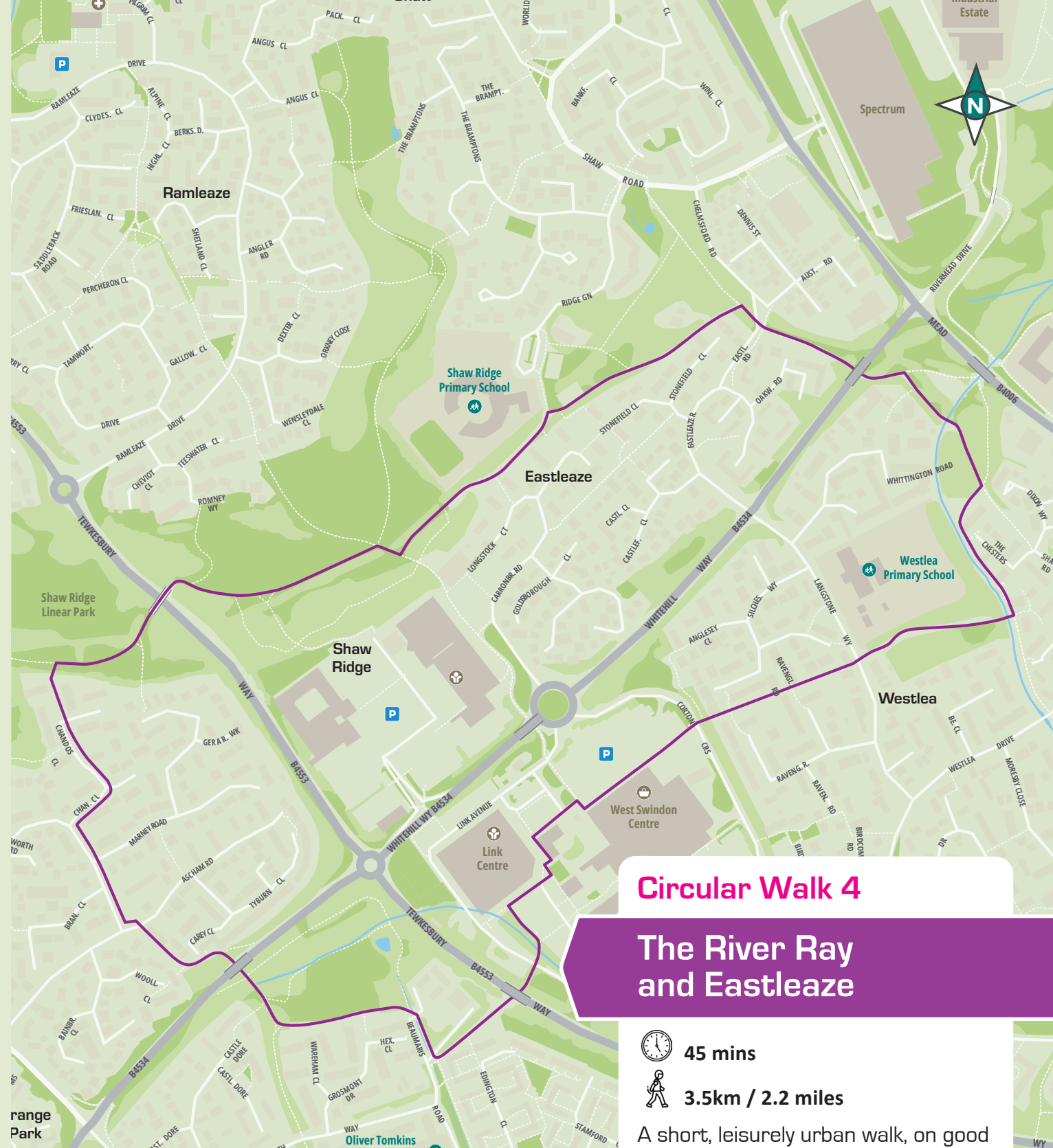


3.7km / 2.3 miles

A brisk circular walk on good paths through Shaw and Rivermead passing two public art sculptures. Shaw Village Centre offers a range of facilities on the route. Start or finish at any point.



Base map © Open StreetMap



Circular Walk 4

The River Ray and Eastleaze

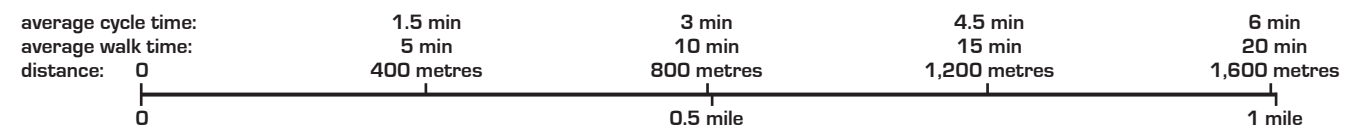


45 mins



3.5km / 2.2 miles

A short, leisurely urban walk, on good paths, taking you alongside the River Ray and along Shaw Ridge offering attractive views to the west. Start or finish at any point. West Swindon Centre offers a range of facilities on the route.



Base map © Open StreetMap



Circular Walk 5

Mannington Recreation Ground and River Ray

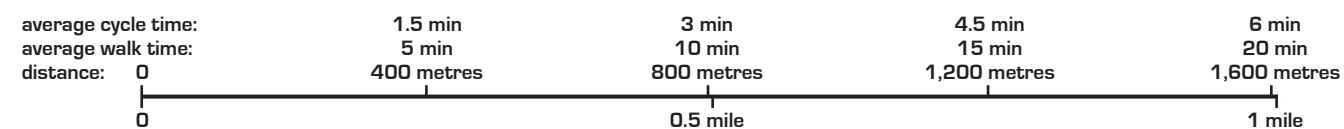


45 mins



3.6km / 2.2 miles

A flat, easy walk taking in green space at Mannington Recreation Ground and the River Ray. Sturdy footwear advised as paths at the Recreation Ground and on the riverside path may be muddy in wet weather. Start or finish at any point. Facilities are available nearby at Bridgemead.



Base map © Open StreetMap



Circular Walk 6

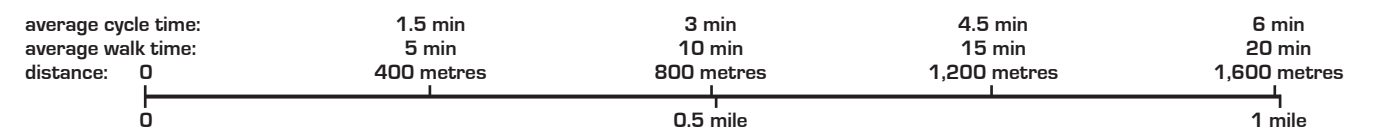
Shaw Ridge and West Swindon Centre

42 mins

3.4 km / 2.1 miles



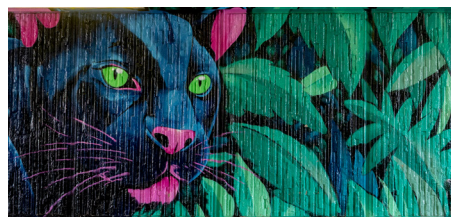
An easy circular walk on good paths alongside the River Ray and along Shaw Ridge taking in the Delta Tennis Centre. Start or finish at any point. West Swindon Centre offers a range of facilities on the route.



Base map © Open StreetMap

Will you take the Art Trail Challenge?

There are a number of public art sculptures and subway murals dotted around West Swindon. They're an important and unique feature of the area's cultural make up. Can you find them all? ...On foot of course! Follow the map on the next page to track down the following?:



1) Subway mural under Tewkesbury Way **A Walk on the Wild Side**, 2025, subway mural commissioned by West Swindon Parish Council by Jaksta Art.



5) Sculpture: **White Horse Pacified**, 1987. Artist: Julie Livsey.



9) Subway Mural under Great Western Way **A Walk Through Nature**, 2025, subway mural commissioned by West Swindon Parish Council by Jenna Fox



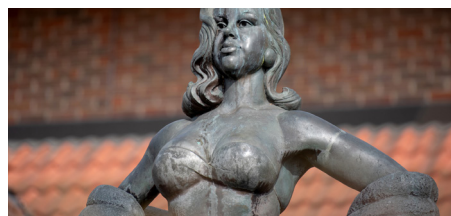
2) Subway mural under Whitehill Way **Mindset, Motivation, Movement**, 2025, subway mural commissioned by West Swindon Parish Council by Jaksta Art.



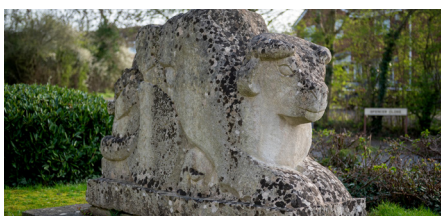
6) Subway Mural under Roughmoor Way **A Bear's Picnic**, 2025, subway mural commissioned by West Swindon Parish Council by Ed Poster



10) Sculpture: **The Watchers**, 1982, Artist: Carleton Attwood.



3) Sculpture of **Diana Dors** (outside the Shaw Ridge leisure complex) 1991, Artist: John Clinch



7) Sculpture: **Hey Diddle Diddle** (Outside 2 Spencer Close), 1992, Artist: Vega Bermejo



11) Sculpture: **Looking to the Future**, 1985, Artist: Jon Buck



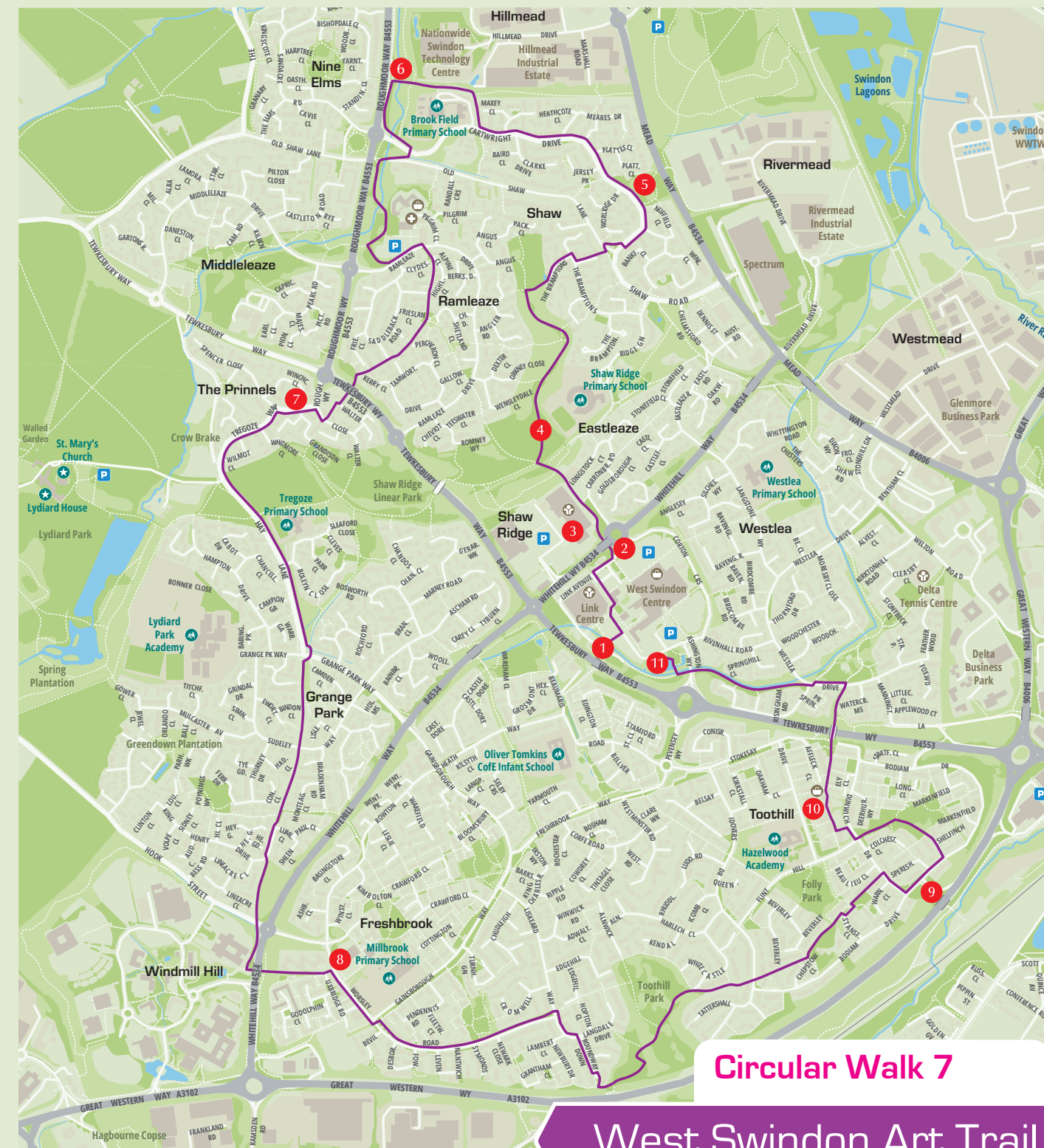
4) Sculpture: **How the Mighty Fall**, 1989, Artist: Tim Sandys-Renton



8) Sculpture: **Nexus**, 1986. Artist: Hideo Furuta.



Scan the QR code above for an interactive version of the trail and more information on the artworks



Circular Walk 7

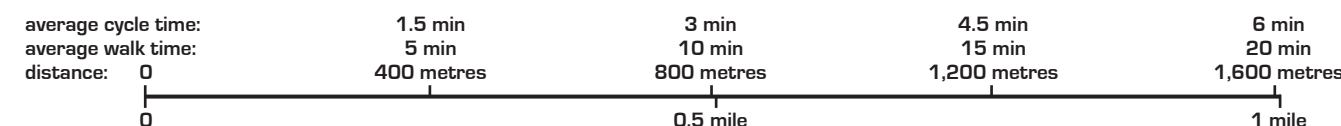
West Swindon Art Trail



Allow 2 hours
(longer if you want
to admire the artwork!)



9.6km / 6 miles



Base map © Open StreetMap



Join the Lydiard parkwalk!



Wondering what parkwalk is? It's simply walking at parkrun! Everyone's welcome at parkwalk. Everyone starts at the same time on a Saturday morning and walks the same 5k parkrun route, alongside runners and volunteers. It's free, fun, and a great way to stay active at your own pace. At parkwalk there's no pressure to run, it's fine to go at whatever speed you want - there's no time limit and at every event there is a volunteer tail walker who's always last to finish.

There are 2 events in Swindon - One at Lydiard Park and the other at Sevenfields. They both take place every Saturday morning at 9am.

To take part, simply

1. Register for free online at <https://www.parkrun.org.uk/register/>

2. Receive your barcode

3. Turn up to parkrun

4. Scan your barcode once you've finished!

You only need to register once for parkrun - you can then walk, run and volunteer at any event all around the world!



Circular Walk 10

The Westie Trail

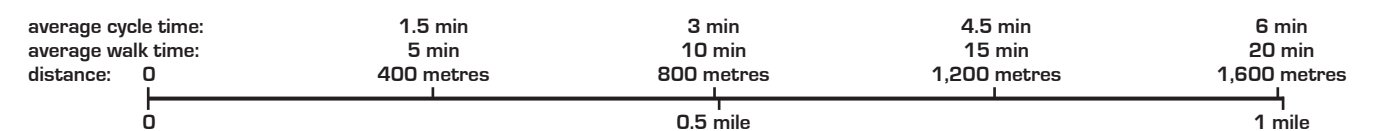
 50 mins

 3.9km / 2.5 miles

Starting at the West Swindon Centre, enjoy a circular walk on tarmac paths around West Swindon. This was named the "Westie Trail" as part of the Active Swindon Trails Challenge, with Westie as the mascot.



Active Swindon Trails Challenge



Base map © Open StreetMap

Discover Lydiard Park



Located on the western edge of Swindon, Lydiard Park offers 260 acres of parkland just waiting to be explored. Whether you're taking a gentle stroll, a jog, run, or cycle round, this historic landscape offers the perfect setting to get moving in the fresh air.

At the heart of the park stands Lydiard House, once the ancestral home of the Viscounts Bolingbroke. Inside, visitors can discover the ornate State Rooms, with its original furnishings, ornate plasterwork and family portraits. Next door, St Mary's Church, Lydiard Tregoze is home to fascinating monuments to the St John family, including a remarkable triptych and the impressive Golden Cavalier statue.

Step outside and you'll find miles of scenic routes through sweeping lawns, woodlands and open pasture. As you make your way around, look out for historic features hidden in the landscape such as the ice house, a restored 18th-century lake and

distinctive castellated dam wall. The park's varied habitats also support an abundance of wildlife, from birds and mammals to amphibians and insects. The Georgian Walled Garden is a highlight in every season, with vibrant floral displays, fruit trees and topiary. Open all year round, the rhombus-shaped garden offers a tranquil place to enjoy through the seasons. In spring and summer, a variety of plants and seeds are available to purchase from the Lydiard Park Heritage Garden Centre.

Lydiard Park holds an impressive programme of events all year round. From outdoor cinema screenings under the stars and mouth-watering foodie festivals, to open-air theatre performances and family-friendly trails, there's always something exciting happening.

Towering Lebanese cedars and ancient tree-lined avenues frame beautiful views of the Palladian house. Rolling lawns and shady trees create ideal picnic spots in warmer months,

and BBQ hire is available for relaxed gatherings with friends, family and colleagues.

The Forest Café and Coach House Tea Rooms are both open daily serving tempting snacks and drinks. Younger visitors can climb, swing and slide in the large children's play area beside the Forest Café. For those seeking a thrill, two high-wire adventure courses wind through the treetops, offering a high-adrenaline experience run by Jungle Parc.

For those wishing to stay longer, the on-site Lydiard Park Hotel offers modern accommodation, with dining available in the Palm Bar and Restaurant.

Lydiard Park is open every day and entry to the grounds is free. Bus route 1a stops outside the park (Wilmot Close stop) and cycle parking is available. Parking charges apply between dawn and dusk.

www.lydiardpark.org.uk



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!



Distance	Average time to walk	Average calories burned*	Equivalent to
1 mile	20 mins	85	A banana
2 miles	40 mins	170	Cadbury crème egg
3 miles	60 mins	255	Half a jacket potato and cheese!

Look at www.swindontravelchoices.co.uk to plan your journey to work

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

Claire walks to her workplace in the town centre once a week:

"I use the hour's walk to listen to audiobooks and podcasts as I walk. It's a lovely way of getting some "me time" and I feel much more energised and ready to face the day when I arrive."

Keith gave up driving to Kembrey Park every day:

"I was getting fed up of the queuing traffic down Cricklade Road every day and decided to see how long it would take to walk it instead. I was really surprised at how pleasant and easy it was to find a nice route through, and now enjoy the regular exercise it gives me, as well as the cash I'm saving in petrol!"



Get App-y!

If you want to walk 10,000 steps a day, these are some of the walking apps that can help to make it happen.

There's no better time to stretch your legs in the great outdoors – and some of the best walking apps can help you make the most of your time. Here is a selection of apps that we recommend. Nearly all offer excellent functionality for free, with some offering paid or subscription options for more advanced features.

1. NHS Active 10

This app is great for beginners and gives motivation to take brisk walks. The app tracks your walking and you can earn rewards for every brisk minute of walking you do. The aim is to complete at least 10 minutes of brisk walking each day. You can track your progress and set your own goals.



2. Walk 15

Another app that is great for beginners and motivates through its fun step challenges for individuals, friends, or workplaces. There's even a chance to sign up to the "Swindon" team and compete against other European cities during European Mobility Week each September.



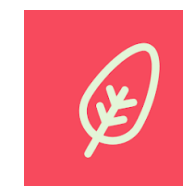
3. Strava

Strava is a highly-rated fitness app. Whilst it is primarily built for runners and cyclists, Strava is a solid, reliable app for tracking walks, offering accurate GPS, social motivation (kudos, following friends), and good basic data (distance, pace, time) for free.



4. Huntly

Huntly is an innovative app designed to



inspire children to explore the great outdoors while learning and having fun. The app offers a wide variety of interactive quests that encourage kids to discover the beauty of nature, learn about wildlife, and develop essential problem-solving skills. You'll barely notice the distance you're covering whilst hunting items.

5. Go Jauntly

Go Jauntly is a community-driven walking routes app aimed at discovering local routes. The routes contain photos, step by step directions and a map, as well as other useful information – be it historical, art, or where the nearest bus stops or toilet stops are. Swindon Travel Choices has been loading Swindon routes onto this app, so we would love for you to download it, search for "Swindon" and enjoy the walks.





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 minute walk zones or walking buses, email stars@swindon.gov.uk or visit 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

"Walking to school with the children gives me time to chat to them and I know they are getting a dose of exercise and fresh air."

"It's a great opportunity for my kids to learn vital road safety skills as we walk to school together. I'm confident that this will make them safer as they get older and travel more independently."

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 **sunscreen**, **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.

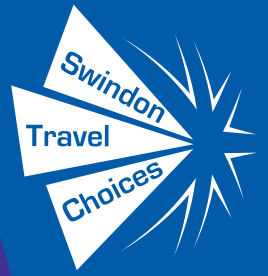
Q: What do I need?

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 to find a local instructor

An easier way to plan your journey



Log on for
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