

# Kettering Easy Walks

## April to October 2010



**Look after your heart**

01536 410 266  
[www.kettering.gov.uk/walks](http://www.kettering.gov.uk/walks)

**FREE OF CHARGE**



**Kettering**  
*Borough Council*

## April to October 2010

**A series of 3 - 4 mile walks from villages and towns around Kettering starting at 10.30am on Thursday mornings.**

Date	Leader	Venue
April 1st	Geoff	Village Hall, Stoke Albany (refreshments after at The Wheel & Compass in Weston by Welland)
April 15th	Jenny	Red Lion, Cranford
April 22nd	Geoff	Bull's Head, Arthingworth (bring a torch)
April 29th	Steve	The Lilacs, Isham
May 6th	Jenny	Finch Arms, Rutland (Bluebell Walk) - car sharing available
May 20th	Jenny	Axe and Compass, Ringstead
May 27th	Steve	Three Cranes, Cransley
June 3rd	Steve	The Lamb, Little Harrowden
June 17th	Geoff	The Piper, Windmill Avenue, Kettering
June 24th	Steve	White Lion, Geddington (Orchid Walk)
July 1st	Geoff	Dukes Arms, Woodford
July 15th	Jenny	Swan inn, Braybrooke
July 22nd	Geoff	Old Friar, Twywell
July 29th	Steve	The Bell, Finedon
Aug 5th	Geoff	Trading Post, Northampton Road, Kettering
Aug 19th	Jenny	Pear Tree Farmshop, Aldwinckle
Aug 26th	Geoff	The George, Desborough
Sept 2nd	Steve	The Warren, Stamford Road, Kettering
Sept 16th at 4pm	Shaun	Boughton House, Geddington (in aid of British Heart Foundation)
Sept 23rd	Jenny	The Old Vic, Burton Latimer
Sept 30th	Geoff	The Green Dragon, Brigstock

*If there is bad weather on the day please check with Tourist Information Centre on 01536 410 266 that the walk is still going ahead.*

**Visit [www.kettering.gov.uk/walks](http://www.kettering.gov.uk/walks) to download more routes**

**Winter series starts Oct 7th - The Piper, Windmill Avenue, Kettering**

Under 14 year olds should be accompanied by an adult.

# Regular County Walks

## Wellingborough

Monday	10am	Old Grammarians Sports Field, Sywell Road
Tuesday	6pm	Ock N Dough, Farm Road
Wednesday	10am	Earls Barton village square at Jeyes
Thursday	10am	Morrisons' car park entrance
Friday	2pm	Old Grammarians HQ, Oxford Street
Saturday	10am	Village Newsagent, Bozeat

Call **01933 231 736** for more information

## East Northants

Wednesday	1.30pm	Top Lodge, Fineshade Woods car park
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Call **07725 422 871** for more information. Free car parking

## Corby

Monday	9.30am	Boating Lake car park, Cottingham Road
Wednesday	9.30am	Boating Lake car park, Cottingham Road
Wednesday	11am	East Carlton (for information call 01536 464 281)
Wednesday	2pm	Beanfield Community Centre, Beanfield Avenue

Call **01536 464 212** for more information

Are you interested in becoming a walk leader free of charge?

All the Kettering Borough walks are volunteer led whom we rely on

For more information on anything in this leaflet  
call: **01536 410 266** or email: [shaunbirdsall@kettering.gov.uk](mailto:shaunbirdsall@kettering.gov.uk)



## What to expect

Volunteer walk leaders will introduce themselves and welcome you to the walk. If it is your first walk, you will need to complete a short health related form.

Generally, one of the walk leaders will walk at the front and another at the back of the group. Both walk leaders have been trained and will carry appropriate equipment.

Each walk varies slightly in time and distance however, most walks last about 90 minutes and cover 3 - 4 miles with stops and breaks. Car parking will be available at all locations.

## What to wear and bring

Loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes - all appropriate to the weather. You may like to bring a small bottle of drinking water also.

## Afterwards

You will be invited to join the other walkers and the leaders for refreshments.

### Remember;

The countryside is a living, working environment, so please follow the Countryside code:

- ◆ Keep to the line on the paths
- ◆ Leave the gates as you find them
- ◆ Respect the countryside – leave wildlife, crops and machinery alone.

## Health Trainers

NHS Health Trainers in **your** local area can advise you how to improve your health. If you would like to contact one of the Health Trainers for an informal chat, please email: [health.trainers@northants.nhs.uk](mailto:health.trainers@northants.nhs.uk) or call: **0800 085 1988** and leave a message.



## Rambling Clubs

Kettering & District Rambling Club - 01536 392 890

Kettering Area Group Ramblers' Association - 01536 741 222 or [www.kra-g.org](http://www.kra-g.org)