



**London Borough
of Hounslow**



Hounslow Health Walks

**Look after your health and
join our free local health walks**

For more Information:

Tel: 020 8583 3327

Email: walks@hounslow.gov.uk

Web: www.hounslow.gov.uk/walks



- Gentle exercise
- Meet new people
- Discover green space
- Walk safely
- Help manage your weight
- Help reduce the risk of heart disease & diabetes

Monday

- Heston Health Walk 10am - 11am (walk in Heston Park)
Meeting point: Heston & District Community Association, Vicarage Farm Road, Heston TW5 0EE.
- Lampton Park Walk 11am - 12noon (walk in Lampton Park)
Meeting Point: (Cafe Parkside) Hounslow Civic Centre, Lampton Road, Hounslow TW3 4DN.
- St Paul's Walk 1.30pm - 2pm (short walk in St Paul's Recreation Ground)
Meeting Point: Age UK Hounslow, Alexandra House, Albany Road, Brentford TW8 0NE.

Wednesday

- Feltham Walk 11am - 12noon (walk in Feltham Park and surrounds)
Meeting Point: Feltham Assembly Hall, Feltham Park, Hounslow Road Feltham TW14 9DN.
- Osterly Park Walk 10am - 11am (last Wednesday of every month only)
Meeting Point: Stableyard, Jersey Road, Isleworth TW7 4RB.

Thursday

- Indian Gymkhana Walk 10.30am - 11.30am (walk around Osterley Park)
Meeting Point: Indian Gymkhana Club, Thornbury Avenue, Osterley TW7 4NQ.
- St Paul's Walk 11am - 12noon (walk in St Paul's Recreation Ground)
Meeting Point: Age UK Hounslow, Albany Road, Brentford TW8 0NE.

Friday

- Nishkam Walk 10.30am - 11am (walk in Beaversfield Park)
Meeting Point: Beaversfield Park, Rosemary Avenue, Hounslow TW4 7JG.
- Beavers Walk 11am - 12noon (walk in Beaversfield Park)
Meeting Point: Gurdwara Guru Nanak Nishkam Sewak Jatha, 134-142 Martindale Road, Hounslow TW4 7HQ.

Please wear comfortable clothing/footwear and bring something to drink