

Meeting Point



Meet in the Rectory Garden
beside Goring Village Hall
Please arrive five minutes before
the start of your chosen walk to
complete registration



Accreditation



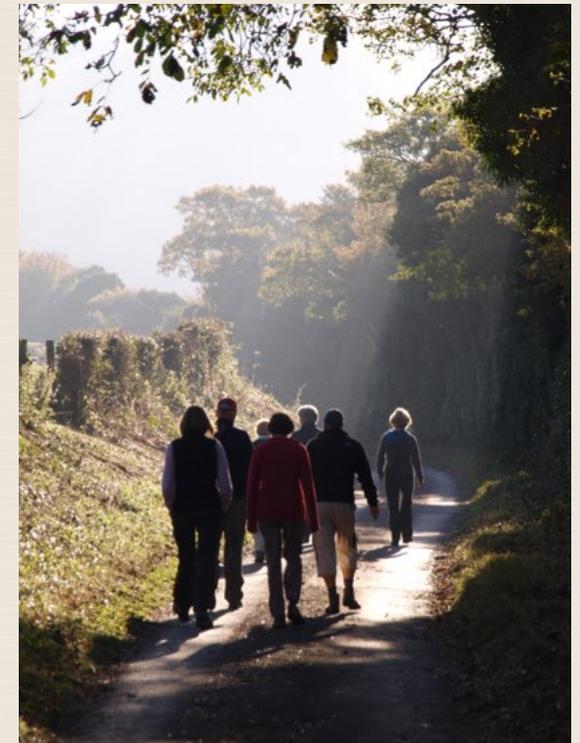
Goring Gap Health Walks are
affiliated to the nationwide Walking
for Health scheme run by Ramblers

As an accredited scheme we are
recognised by health professionals
who often refer patients to make
walking part of their weekly
exercise regime

GORING GAP HEALTH WALKS

Goring-on-Thames, Oxfordshire
01491 873092 or 01491 599667
Email: goringgapwalks.co.uk

GORING GAP HEALTH WALKS



GGHW offer free walks led by
trained volunteer leaders. There
are over 60 routes all starting from
the centre of Goring. Why not
join us and get half of your weekly
exercise every time you walk?



What to Expect

The volunteer walk leaders will make you welcome and ask you to fill in a brief health related questionnaire. (This can be downloaded from our website and filled in at home to save time).

Large groups will have more than one leader so that one can be near the front and another at the rear. You should not worry about being last or being left behind. The back leader always walks at the pace of the slowest walker. All of our leaders carry a first aid kit and water.

Most walks take about an hour. They normally consist of a gentle warm up period followed by 30-40 minutes at a brisk pace, or up hill. The last ten minutes will be gentler as the walk comes to an end.

Walk times will vary according to the route, terrain and the ability of the walkers attending on the day

Walk Grades

Walks are graded:

A: Steep hills - possible stiles

B: Moderate hills, possible stiles

C: Gentle hills, no stiles

First Steps: One to one starter walks

Anyone wanting to start at First Steps level **MUST** contact us to make arrangements

Timetable

DAY / TIME	DISTANCE / DURATION	GRADE	SEASON
Monday 19:00	4 to 5 miles 45 to 75 mins	A / B	Summer only
Tuesday 10:00	1.5 to 3 miles 30 to 45 mins	C (and First Steps if required)	All year
Tuesday 10:00	3 to 4.5 miles 45 to 60 mins	B	All year
Wednesday 19:00	4 to 5 miles 45 to 75 mins	A / B	Summer only
Friday 10:00	1.5 to 3 miles 30 to 45 mins	C (and First Steps if required)	All year
Friday 10:00	3 to 4.5 miles 45 to 60 mins	B	All year
Saturday 08:00	5 to 7 miles 75 to 90 mins	A +	All year
Saturday 09:00	4 to 5 miles 45 to 75 mins	A / B	All year
Sunday 10:00	3 to 4.5 miles 45 to 60 mins	B	All year

Summer walks are between 1st April and 30th September

What to Wear & Bring

Comfortable clothes, preferably in thin layers (you will get warm and may need to shed some)

Comfortable shoes with grip soles (we walk off road as much as possible)

A hat if it is sunny or wet (sometimes you may need both)

A small bottle of water, especially in warm weather (stops you getting dehydrated)

Any medicine you may need

A walking pole if you think it may help

Cash for an optional, sociable coffee after the walk

What NOT to Wear & Bring

Thick, heavy coats

Wellington boots or leather soled shoes

Large rucksacks

