

South East Essex health walks



Getting active can be difficult. But we're here to help.

Our group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind.

Our walks are short and over easy terrain. They are open to everyone, but are especially aimed at those who are least active. You can take part in our free short walks near to where you live, at a pace that works for you.

Walking is great for your physical and emotional health, it's a good way to explore what's on your doorstep, and make new friends.



Southend “Walk this Way” Health Walks



Tuesdays at 11am

Shoeburyness Garrison

Meet at the Shoeburyness Hotel (1 High St, Shoebury).

Wednesdays at 11am

Old Leigh

Meet outside the Crooked Billet Pub, Old Leigh.

Thursdays at 1.15pm

Priory Park

Meet outside the café in Priory Park.

Fridays at 10.30am

Project 49 walk

Meet outside the 3 Shells Beach Café, Western Esplanade.



All walks have a range of distances including 30 minute options.

For further information on Southend Health walks please call Angela on:

07771 926932



Rochford District Health Walks

Mondays at 10.45am

Hullbridge

Meet in the car park on the corner of Ferry Road and Pooles Lane.
Bus route No 20.

Thursdays at 10.45am

Hockley Woods

Meet in the car park, which is pay and display (entrance next to The Bull). Bus route No 7 or 8 for Hockley.

All walks have a range of distances including 30 minute options.

For further information on Rochford Health walks please call Rochford District Council on:

01702 318121



Walk Tall in Castle Point

Monday at 10.30am

Richmond Hall, Benfleet*

Meet in Richmond Hall Car Park, Benfleet

Wednesday at 10.30am

Canvey Island Sea Wall

Meet in Labworth Car Park

1st and 3rd Friday every month at 10.30am

Hadleigh

Meet in Castle Lane Car Park at the bottom of Castle Lane

*Shorter 30 minutes walks are available at these venues.

For further information on Castle Point Health Walks please call:

01702 318121



parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in, even if you want to walk.

All parkruns start at 9am.

Southend:

Every Saturday, Gunners Park, off New Barge Pier Rd, Shoebury
www.parkrun.org.uk/southend

Hadleigh:

Every Saturday, Hadleigh Country Park,
Chapel Lane, Hadleigh, Essex SS7 2PP
www.parkrun.org.uk/southend

Hockley:

Every Saturday, Hockley Woods, Main Road, Hockley, Essex SS5 4RN
www.parkrun.org.uk/hockleywoods

Junior parkrun:

Every Sunday, Clements Hall Recreation Ground,
Clements Hall Way, Hockley, Essex SS5 4HF
www.parkrun.org.uk/hawkwell-juniors

