

Health Walks timetable - January to March 2012

Brentford FC Walk

Monday 10am to 11am

**Brentford FC, Braemar Road,
Brentford TW8 0NT**

Walk around the Brentford FC pitch and the surrounding area.

Heston Health Walk

Monday 10am to 11am

**Heston & District Community Association
Vicarage Farm Road, Heston TW5 0EE**

Walk in Heston Park on a circular footpath where you can walk at your own pace.

Osterley Track Walk

Monday 10am to 11am (£1.50 per session)

**Osterley Sports and Athletics Centre
120 Wood Lane, Isleworth TW7 5FF**

Walking on the new athletics track as fast or as slow as you like. Track provides smooth, safe, traffic-free surface to walk on.

Lampton Park Walk

Monday 11am to 12 noon

**Café Parkside, Civic Centre
Lampton Road, Hounslow TW3 4DN**

Walk in Lampton Park suitable for all ages and abilities.

Beavers Nordic Walk

Tuesday 11.30am to 12.30pm

**Beaverfield Park, Rosemary Avenue
Hounslow TW4 7JQ**

Walk in Beaversfield Park using Nordic walking poles to give you a full body workout. (Nordic walking poles are provided)

Feltham Walk

Wednesday 11am to 12 noon

**Feltham Assembly Hall, Feltham Park
Hounslow Road, Feltham TW14 9DN**

Walk in Feltham Park, Feltham arena and the surrounding area suitable for all ages and abilities.

Osterley Park Walk

Last Wednesday of every month 10am to 12 noon

**Stableyard, Osterley Park
Jersey Road, Isleworth TW7 4RB**

A longer walk with the park rangers around the whole of Osterley Park.

Indian Gymkhana Walk

Thursday 10.30am to 11.30am

**Indian Gymkhana Club
Thornbury Avenue, Osterley TW7 4NQ**

Walk to and around Osterley Park.

Brentford Nordic Walk

Thursday 11am to 12 noon

**Age UK, Alexandra House
Albany Road, Brentford TW8 0NE**

Learn how to Nordic walk and get a full body workout. (Nordic walking poles are provided)

SGSS Walk

Thursday 10am to 11am

**Gurdwara Sri Guru Singh Sabha
Alice Way, Hounslow TW3 3UA**

Walk starting from the Gurdwara around central Hounslow including Lampton Park, Inwood Park and Hounslow Heath.

Princess Walk

Friday 11am to 12 noon

**Gurdwara Guru Nanak Nishkam Sewak Jatha
134-142 Martindale Road,
Hounslow TW4 7HQ**

Walk in Beaversfield Park on a circular path where you can walk at your own pace.

Please wear comfortable shoes and clothing to walk and also bring something to drink.

All walks are **free of charge** unless otherwise stated.

For more information about any of the walks call **020 8583 3327** or email **walks@hounslow.gov.uk**