

Walking for Health in Herefordshire

Welcome to the Footprints Countywide walk pack

Footprints Countywide has links with 'LIFT', the GP referral scheme in Herefordshire, and is part of the national 'Walking the way to Health Initiative'.

Our aim is to increase the number of people walking in Herefordshire by delivering a timetable of led health walks, and by producing this pack of short independent walking routes.

Current led walks last between 20 and 60 minutes, and walkers are encouraged to walk at a comfortable pace, that is beneficial to their health. All walks are FREE, are led by a trained walk leader, and everybody is welcome!

It is hoped that in the future there may be more led health walks taking place across Herefordshire. To find out more about Footprints Countywide, or if you are interested in FREE training to become a volunteer walk leader, then please contact the Herefordshire Sports Development Team on 01432 261799.

The British Heart Foundation recommends that, for a healthy heart, we aim to walk at least 10,000 steps per day. You can record your steps on Your Personal Walking Record on the reverse of this page.

We hope that you enjoy the short health walks within this pack.

To find out more about the Walking for Health initiative, and Footprints Countywide visit www.whi.org.uk



Your Personal Walking Record

Name of Walk	Date	Step Count	How Was It?	Average Time of Walk
Bromyard				20 minutes
Eardisley				45 minutes
Ewyas Harold				50 minutes
Fownhope				45 minutes
Kington				30 minutes
Ledbury				20 minutes
Leominster Street				20+ minutes
Leominster Leisure Centre				20+ minutes
Llanwarne				30 minutes
Lyonshall				30 minutes
Marden				60 minutes
Ross on Wye				30-60 minutes
Weobley				45 minutes
Hereford Cathedral				35 minutes
Hinton				30 minutes

