



Walking Opportunities

In The Royal Borough of Kensington and Chelsea

Day	Activity	Venue	Meeting Place	Time	Price
Monday	Health Walk	Grand Union Canal	Sainsbury's, Ladbroke Grove	10.30-11.30am	FREE
	Fitness Walk	Holland Park	Reception	12.30-1.15pm	£2.00
Tuesday	Health Walk	Battersea Park	Albert Bridge - Chelsea embankment	10.30-11.30am	FREE
Wednesday	Health walk	Brompton's Cemetery	Brompton Road main entrance	10.30-11.30am	FREE
Thursday	Health Walk	Holland Park	Café	10.30-11.30am	FREE
Friday	Pushy Parents	Holland Park	Café	10.30-11.30am	£5.00
Mon-Sun	Orienteering	Holland Park	Reception	Park Opening Hours	50p

Activity Descriptions

- Health Walk -** A social led walk by trained volunteers. Suitable for all, especially beginners. Improves cardiovascular fitness, balance and co-ordination.
- Fitness Walk -** An instructor led class incorporating stretches and power walking. Suitable for regular brisk walkers. Improves cardiovascular fitness, balance and co-ordination.
- Pushy Parents -** An instructor led class for mothers and young babies consisting of a power walk combined with a conditioning circuit
- Orienteering -** Four courses which differ in length and time. Orienteering provides the perfect opportunity to experience the beautiful wildlife in Holland Park and also helps maintain an active lifestyle. Suitable for the whole family.

'**K & C On The Move**' can provide you with a pedometer, activity diary, useful information about organised walks in the borough and handy tips for getting back into exercise. Packs can be purchased from Holland Park reception for £2.00 (for under 50's) or £1 (for over 50's).



For more information please contact: Leisure Services' Sports Development Team 020 7938 8179 or email us on: sportandleisure@rbkc.gov.uk



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AND CHELSEA**