

Havering's **FREE** Walks Programme  
April 2022 to March 2023

# HAVERING WELLBEING WALKS



 **RAMBLERS**

**WELLBEING**

**WALKS**

Havering

Thames Chase Forest Centre  
Havering Country Park

Hornchurch Country Park  
Harrow Lodge Park

Pages Wood  
Lambourne End

Weald Country Park  
Tylers Common

Belhus Woods Country Park  
Dagnam Park

Eastbrookend Country Park  
Hainault Forest

Bedfords Park  
RSPB

Thorndon Country Park  
Raphael Park



haveringactive

[www.haveringactive.co.uk](http://www.haveringactive.co.uk)



**Havering**  
LONDON BOROUGH

# WALKS CALENDAR 2022-23



## CONTACT

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Wellbeing Walks is a national programme which encourages people to exercise for the benefit of their health. Walking is suitable for people of all ages and abilities and Wellbeing Walks is particularly aimed at those who are currently least active.

Brisk walking, which results in slight breathlessness and stimulates the heart to beat a little faster, is considered one of the best forms of exercise. Regular walking as part of a healthy lifestyle is beneficial for those who have suffered health problems as well as those wishing to prevent them.

Even if you are not ready to walk at a brisk pace you can join one of our short walks, take your time and build up slowly. Not only are these walks good for your health, they are also a great way to make new friends. These walks are particularly suited to people with long term health conditions.

Wellbeing Walks started in 2003 and is run by volunteers and supported by Havering Council, which co-ordinates and administers the scheme. There are more than 16 venues, 20 trained Walk Leaders and our health walks take place six days a week throughout the year. Walks range from 30 minute walks (suitable for complete beginners) to 90 minutes in length and are graded from easy to hard.

There are also longer walks run outside of the Wellbeing Walks programme for those looking for an extra challenge. Walk leaders are there to assist and advise as required on our walks.

# INFORMATION & GUIDANCE



All participants must complete a registration form beforehand. These can be obtained from the walk leader when you attend your first walk or found at [www.havering.gov.uk/sports](http://www.havering.gov.uk/sports). Completed forms should be given to any walk leader.

**It is your responsibility to advise the walk leader of any health issue which may affect you during the walk.**

**Please wear robust footwear and appropriate clothing.** Some paths are rough and can get muddy in wet weather.

- Walks start promptly at the time shown. Please allow plenty of time to change into appropriate shoes etc, and register with the walk leader.
- In exceptional weather conditions please contact 01708 431016.
- Dogs, other than registered assistance dogs, are not permitted on walks.



## In loving memory of Roy Roomes.

Roy helped establish the Havering Walks Programme in 2003, and was extremely influential in making these walks such a success.

# WALKS CALENDAR 2022-23



## REGULAR WALKS

These walks take place every week. Walks on bank holidays are to be arranged, depending on walk leader availability.

<b>Monday 11am</b>	<b>Beginners/Easy</b>	<b>Harrow Lodge Park</b>	30 or 60 mins
<b>Tuesday 11am</b>	<b>Beginners/Easy</b>	<b>Raphael Park</b>	30 – 40 mins
<b>Wednesday 10am</b>	<b>Beginners/Easy</b>	<b>Hornchurch Country Park</b>	30 or 60 mins
<b>Friday 10.15am</b>	<b>Beginners/Easy</b>	<b>Eastbrookend Country Park</b>	30 or 60 mins

New walkers are advised to start with a beginners or easy walk to determine their ability.

**EASY** For those who have not walked much before and are looking to become more active. Walks are mainly on flat ground or gentle slopes, with firm surfaces and no steps or stiles.

**MEDIUM** For those looking to increase their activity levels. Walks may include moderate slopes, steps, uneven surfaces and possibly stiles.

**HARD** More challenging walks for those increasing their level of activity. Walks may include steeper slopes, steps, uneven surfaces and stiles.

Walks between 90 mins to 2 hours are for more advanced walkers beyond Wellbeing Walks

**April 2022 all walks start at 10am**

Sunday 3	H	Lambourne End	90 mins-2h
Tuesday 5	H	Tylers Common	90 mins-2h
Thursday 7	H	Weald Country Park	90 mins
Sunday 10	M	Belhus Woods Country Park	90 mins
Tuesday 12	H	Dagnam Park	90 mins
Thursday 14	E	Eastbrookend Country Park	90 mins
Sunday 17	H	Hainault Forest	90 mins-2h
Tuesday 19	H	Bedfords Park	90 mins
Thursday 21	H	Havering Country Park	90 mins
Sunday 24	E	Harrow Lodge Park	90 mins
Tuesday 26	M	Pages Wood	90 mins
Thursday 28	H	Thorndon Country Park	90 mins-2h

**May 2022 all walks start at 10am**

Sunday 1	H	Weald Country Park	90 mins
Tuesday 3	E	Eastbrookend Country Park	90 mins
Thursday 5	M	Hornchurch Country Park	90 mins
Sunday 8	H	Dagnam Park	90 mins
Tuesday 10	H	Havering Country Park	90 mins
Thursday 12	M	Belhus Woods Country Park	90 mins
Sunday 15	H	Bedfords Park	90 mins
Tuesday 17	E	Thames Chase Forest Centre	90 mins
Thursday 19	H	Lambourne End	90 mins-2h
Sunday 22	M	Pages Wood	90 mins
Tuesday 24	H	Thorndon Country Park	90 mins-2h
Thursday 26	H	Hainault Forest	90 mins-2h
Sunday 29	H	Tylers Common	90 mins-2h
Tuesday 31	M	Hornchurch Country Park	90 mins

# WALKS CALENDAR 2022-23

## June 2022 all walks start at 10am

Thursday 2	E	Harrow Lodge Park	90 mins
Sunday 5	E	Thames Chase Forest Centre	90 mins
Tuesday 7	E	RSPB	90 mins
Thursday 9	H	Weald Country Park	90 mins
Sunday 12	H	Havering Country Park to Bedfords Park	90 mins
Tuesday 14	M	Belhus Woods Country Park	90 mins
Thursday 16	H	Dagnam Park	90 mins
Sunday 19	H	Thorndon Country Park	90 mins-2h
Tuesday 21	E	Thames Chase Forest Centre	90 mins
Thursday 23	H	Bedfords Park	90 mins
Sunday 26	M	Hornchurch Country Park	90 mins
Tuesday 28	E	Harrow Lodge Park	90 mins
Thursday 30	M	Pages Wood	90 mins

## July 2022 all walks start at 10am

Sunday 3	H	Lambourne End	90 mins-2h
Tuesday 5	H	Tylers Common	90 mins-2h
Thursday 7	H	Weald Country Park	90 mins
Sunday 10	M	Belhus Woods Country Park	90 mins
Tuesday 12	H	Dagnam Park	90 mins
Thursday 14	E	Eastbrookend Country Park	90 mins
Sunday 17	H	Hainault Forest	90 mins-2h
Tuesday 19	H	Bedfords Park	90 mins
Thursday 21	H	Havering Country Park	90 mins
Sunday 24	E	Harrow Lodge Park	90 mins
Tuesday 26	M	Pages Wood	90 mins
Thursday 28	H	Thorndon Country Park	90 mins-2h
Sunday 31	H	Weald Country Park	90 mins

**August 2022 all walks start at 10am**

Tuesday 2	<b>E</b>	Eastbrookend Country Park	90 mins
Thursday 4	<b>M</b>	Hornchurch Country Park	90 mins
Sunday 7	<b>H</b>	Dagnam Park	90 mins
Tuesday 9	<b>H</b>	Havering Country Park	90 mins
Thursday 11	<b>M</b>	Belhus Woods Country Park	90 mins
Sunday 14	<b>H</b>	Bedfords Park	90 mins
Tuesday 16	<b>E</b>	Thames Chase Forest Centre	90 mins
Thursday 18	<b>H</b>	Lambourne End	90 mins-2h
Sunday 21	<b>M</b>	Pages Wood	90 mins
Tuesday 23	<b>H</b>	Thorndon Country Park	90 mins-2h
Thursday 25	<b>H</b>	Hainault Forest	90 mins-2h
Sunday 28	<b>H</b>	Tylers Common	90 mins-2h
Tuesday 30	<b>M</b>	Hornchurch Country Park	90 mins

**September 2022 all walks start at 10am**

Thursday 1	<b>E</b>	Harrow Lodge Park	90 mins
Sunday 4	<b>E</b>	Thames Chase Forest Centre	90 mins
Tuesday 6	<b>E</b>	RSPB	90 mins
Thursday 8	<b>H</b>	Weald Country Park	90 mins
Sunday 11	<b>H</b>	Havering Country Park to Bedfords Park	90 mins
Tuesday 13	<b>M</b>	Belhus Woods Country Park	90 mins
Thursday 15	<b>H</b>	Dagnam Park	90 mins
Sunday 18	<b>H</b>	Thorndon Country Park	90 mins-2h
Tuesday 20	<b>E</b>	Thames Chase Forest Centre	90 mins
Thursday 22	<b>H</b>	Bedfords Park	90 mins
Sunday 25	<b>M</b>	Hornchurch Country Park	90 mins
Tuesday 27	<b>E</b>	Harrow Lodge Park	90 mins
Thursday 29	<b>M</b>	Pages Wood	90 mins

# WALKS CALENDAR 2022-23

## October 2022 all walks start at 10am

Sunday 2	H	Lambourne End	90 mins-2h
Tuesday 4	H	Tylers Common	90 mins-2h
Thursday 6	H	Weald Country Park	90 mins
Sunday 9	M	Belhus Woods Country Park	90 mins
Tuesday 11	H	Dagnam Park	90 mins
Thursday 13	E	Eastbrookend Country Park	90 mins
Sunday 16	H	Hainault Forest	90 mins-2h
Tuesday 18	H	Bedfords Park	90 mins
Thursday 20	H	Havering Country Park	90 mins
Sunday 23	E	Harrow Lodge Park	90 mins
Tuesday 25	M	Pages Wood	90 mins
Thursday 27	H	Thorndon Country Park	90 mins-2h
Sunday 30	H	Weald Country Park	90 mins

## November 2022 all walks start at 10am

Tuesday 1	E	Eastbrookend Country Park	90 mins
Thursday 3	M	Hornchurch Country Park	90 mins
Sunday 6	H	Dagnam Park	90 mins
Tuesday 8	H	Havering Country Park	90 mins
Thursday 10	M	Belhus Woods Country Park	90 mins
Sunday 13	H	Bedfords Park	90 mins
Tuesday 15	E	Thames Chase Forest Centre	90 mins
Thursday 17	H	Lambourne End	90 mins-2h
Sunday 20	M	Pages Wood	90 mins
Tuesday 22	H	Thorndon Country Park	90 mins-2h
Thursday 24	H	Hainault Forest	90 mins-2h
Sunday 27	H	Tylers Common	90 mins-2h
Tuesday 29	M	Hornchurch Country Park	90 mins



**December 2022 all walks start at 10am**

Thursday 1	E	Harrow Lodge Park	90 mins
Sunday 4	E	Thames Chase Forest Centre	90 mins
Tuesday 6	E	RSPB	90 mins
Thursday 8	H	Weald Country Park	90 mins
Sunday 11	H	Havering Country Park to Bedfords Park	90 mins
Tuesday 13	M	Belhus Woods Country Park	90 mins
Thursday 15	H	Dagnam Park	90 mins
Sunday 18	H	Thorndon Country Park	90 mins-2h
Tuesday 20	E	Thames Chase Forest Centre	90 mins
Thursday 22	H	Bedfords Park	90 mins
Sunday 25	Christmas Day		
Tuesday 27	E	Harrow Lodge Park	90 mins
Thursday 29	M	Pages Wood	90 mins

**January 2023 all walks start at 10am**

Sunday 1	H	Lambourne End	90 mins-2h
Tuesday 3	H	Tylers Common	90 mins-2h
Thursday 5	H	Weald Country Park	90 mins
Sunday 8	M	Belhus Woods Country Park	90 mins
Tuesday 10	H	Dagnam Park	90 mins
Thursday 12	E	Eastbrookend Country Park	90 mins
Sunday 15	H	Hainault Forest	90 mins-2h
Tuesday 17	H	Bedfords Park	90 mins
Thursday 19	H	Havering Country Park	90 mins
Sunday 22	E	Harrow Lodge Park	90 mins
Tuesday 24	M	Pages Wood	90 mins
Thursday 26	H	Thorndon Country Park	90 mins-2h
Sunday 29	H	Weald Country Park	90 mins
Tuesday 31	E	Eastbrookend Country Park	90 mins

# WALKS CALENDAR 2022-23

## February 2023 all walks start at 10am

Thursday 2	M	Hornchurch Country Park	90 mins
Sunday 5	H	Dagnam Park	90 mins
Tuesday 7	H	Havering Country Park	90 mins
Thursday 9	M	Belhus Woods Country Park	90 mins
Sunday 12	H	Bedfords Park	90 mins
Tuesday 14	E	Thames Chase Forest Centre	90 mins
Thursday 16	H	Lambourne End	90 mins-2h
Sunday 19	M	Pages Wood	90 mins
Tuesday 21	H	Thorndon Country Park	90 mins-2h
Thursday 23	H	Hainault Forest	90 mins-2h
Sunday 26	H	Tylers Common	90 mins-2h
Tuesday 28	M	Hornchurch Country Park	90 mins

## March 2023 all walks start at 10am

Thursday 2	E	Harrow Lodge Park	90 mins
Sunday 5	E	Thames Chase Forest Centre	90 mins
Tuesday 7	E	RSPB	90 mins
Thursday 9	H	Weald Country Park	90 mins
Sunday 12	H	Havering Country Park to Bedfords Park	90 mins
Tuesday 14	M	Belhus Woods Country Park	90 mins
Thursday 16	H	Dagnam Park	90 mins
Sunday 19	H	Thorndon Country Park	90 mins-2h
Tuesday 21	E	Thames Chase Forest Centre	90 mins
Thursday 23	H	Bedfords Park	90 mins
Sunday 26	M	Hornchurch Country Park	90 mins
Tuesday 28	E	Harrow Lodge Park	90 mins
Thursday 30	M	Pages Wood	90 mins



**All walks begin at 10am unless stated. Walkers under the age of 16 must be accompanied by an adult over the age of 18.**

**For information and advice on short walks please contact:  
[sportsdevelopment@haverling.gov.uk](mailto:sportsdevelopment@haverling.gov.uk)**

#### **PUBLIC TRANSPORT**

For information please use  
[www.traveline.info](http://www.traveline.info)  
entering your post code, destination post code  
and the time that you want to arrive.



# VENUE



<b>Bedfords Park</b>			Main car park at Visitors Centre, Broxhill Road, Havering-atte-Bower RM4 1QH
<b>Belhus Woods Country Park</b>	●	●	Visitors Centre, Romford Road, Aveley RM15 4XJ
<b>Dagnam Park</b>			Central Park car park, Petersfield Ave, Harold Hill RM3 9PB
<b>Eastbrookend Country Park</b>	●	●	Car park, Discovery Centre, Dagenham Road, Dagenham RM7 0SS
<b>Hainault Forest</b>	●	●	Carter Drive, Collier Row RM5 2TU (please park on the right at the end of the road)
<b>Harrow Lodge Park</b>	●	●	Mondays: main car park at Hornchurch Sports Centre, Hornchurch Road, Hornchurch RM11 1JU Tuesdays, Thursdays & Sundays: car park off Warren Drive, Hornchurch RM12 4QZ
<b>Havering Country Park</b>			Carter Drive, Collier Row RM5 2TU (please park on the right at the end of the road)
<b>Hornchurch Country Park</b>	●	●	Car park, Squadrons Approach, Hornchurch RM12 6TS
<b>Lambourne End</b>			Carter Drive, Collier Row RM5 2TU (please park on the right at the end of the road)
<b>Pages Wood</b>			Car park in Harold Wood Park, Harold View, Harold Wood RM3 0LX
<b>Raphael Park</b>	●	●	In front of the cafe, Main Road, Romford RM2 5EB
<b>RSPB</b>	●	●	Second car park, Visitor Centre, New Tank Hill Road, Purfleet-on-Thames RM19 1SZ
<b>Thames Chase Forest Centre</b>	●	●	Car park, Broadfields, Pike Lane, Cranham, Upminster RM14 3NS
<b>Thorndon Country Park</b>	●	●	Second Overflow car park, The Avenue, Brentwood CM13 3SA
<b>Tylers Common</b>	●	●	Car park, Nags Head Lane, Upminster RM14 1TS (near junction of Shepherds Hill)
<b>Weald Country Park</b>	●	●	Visitor Centre car park, off Weald Road, South Weald CM14 5QS

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