



heart and sole



We are a locally based walking scheme that provides led walks to help with your wellbeing.















The scheme is ideal for anyone wanting to:

improve general fitness






aid recovery from, or prevent illness or injury

socialise and enjoy the beautiful views of Chelmsford has to offer.

Areas where walk are shown below. For more details please go to our webpage - www.chelmsford.gov.uk/heartandsole telephone 01245 606569.

Walks	Day	Start time	Approx length in minutes	Walk Grade
Hanningfield Reservoir *3rd Sunday monthly	Sunday*	13.30	60	
Riverside	Monday	10.30	40	
Chelmer Village	Monday	11.00	45	
Writtle	Tuesday	12.00	40	
Moulsham Mill *1st Tuesday monthly	Tuesday *	10.00	90	
Great Baddow	Tuesday	12.00	30	
Beauchamp House	Tuesday	12.00	35	
Anglia Ruskin University	Tuesday	12.15	30	
Springfield	Wednesday	10.00	40	
Bell Meadow	Wednesday	10.30	40	
Newlands Spring	Thursday	10.00	40	
Admirals Park	Thursday	12.30	35	
Beaulieu Park	Friday	10.30	50	
Galleywood	Saturday	12.00	40	

Walking grades explained

	Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are between 30 - 45 minutes on flat ground or gentle slopes with mainly firm surfaces with no step.	
	Suitable for people who are looking to increase their activity levels. They are between 30 - 60 minutes and may include some moderate slopes, steps, or uneven surfaces.	
	For people looking for more challenging walks and to increase their level of physical activity. They are generally between 45 and 90 minutes and may include steeper slopes, steps and uneven steps.	