

Time Travel Trek

Thursday 14th February
10.15am meet (45 minute walk + museum)
outside Boots (M&S side)

After taking in some of historical sights in town, we'll be heading to the Fitzwilliam Museum for some light refreshments and a talk with the Museum's Outreach and Access Officer, Gill Hart.

Using the museum's collection of paintings and objects, we'll be finding out about some of the famous faces in the museum and visiting far off places without getting on a plane or train!

This talk will be very informal – everyone is invited to join in. The main idea here is to get everyone looking closely at the collections and learning something new as well as having a good time!

For more information on this event or to book please contact Binnie Pickard 01223 508149



Active Cambridge Celebration Event

Saturday 29th March
11am - 3.00pm
Chesterton and Manor Sports Centres

As well as numerous multi-sports activities there will be varying walks taking place throughout the day from Chesterton Sports Centre.

For a copy of the event timetable please contact the Sports Team on 01223 457543

CAMBRIDGE Healthy Walks

For more information contact

Juliet Fabb
Sports Development Officer
Active Communities
Hobson House
44 St Andrews Street
Cambridge CB2 3AS

Email: juliet.fabb@cambridge.gov.uk
01223 576110 EX 208



in partnership with



Cancellation policy

Occasionally conditions are not suitable for safe walking. Every effort will be made to contact regular walker and a member of staff will be at the start point to inform people arriving on the day. If you are in any doubt whether a walk is running please contact the sports team on 01223 457543.

CAMBRIDGE CITY COUNCIL WALKS PROGRAMME

CAMBRIDGE Healthy Walks



Led walks in and around Cambridge

JANUARY - MARCH 2008

Healthy Walks

Walking has many health and social benefits and best of all its FREE. All you need is some sensible footwear and to be able to walk for a minimum of 30 minutes-whatever the speed!

The walks are led by two qualified walk leaders. There is no need to book, (unless stated) all you need to do is turn up to the designated meet point and let your feet do the rest!

We do ask that all walkers wear sensible clothing and footwear as some of the walks involved a combination of pathway and off-road walking.

Nordic Walking

Nordic Walking is a relatively new form of exercise with its origin in cross-country ski. Poles are used to involve the upper body in the walking exercise, which helps build endurance, strength, flexibility and coordination. Nordic Walking can be advantageous for those with arthritic or neurological conditions that make unsupported walking difficult.

Wednesdays: Wandlebury Country Park (meet in car park)

Cost: £5.00 per session (pole hire fee)

For more information or to book please contact Oliver Gynn on 01638 742003



JANUARY 2008

THURSDAY 3rd

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

MONDAY 7th

Chesterton Stroll

START: 10.30am
MEET: Chesterton Sports Centre
LENGTH: 30 minutes walk + a hot drink

THURSDAY 17th

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

THURSDAY 24th

Walk & Talk for the 50+

START: 10.45pm
MEET: Arbury Community Centre
LENGTH: 30 minutes walk/quiz plus lunch

Booking required - call Binnie Pickard 01223 508149



THURSDAY 31st

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

FEBRUARY 2008

MONDAY 4th

Chesterton Stroll

START: 10.30am
MEET: Chesterton Sports Centre
LENGTH: 30 minutes walk + a hot drink

THURSDAY 14th

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

THURSDAY 14th

Time Travel Trek

START: 10.15am
MEET: Outside Boots (M&S side)
LENGTH: 45 minutes walk + museum

Booking required - see overleaf

THURSDAY 28th

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

MARCH 2008

MONDAY 3rd

Chesterton Stroll

START: 10.30am
MEET: Chesterton Sports Centre
LENGTH: 30 minutes walk + a hot drink

THURSDAY 13th

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

THURSDAY 27th

Kings Hedges Meander

START: 10.30am
MEET: Campkin Road Shops
LENGTH: 30 minutes

After walk refreshments sponsored by The Jenny Wren pub

SATURDAY 29TH

Active Cambridge Celebration Walks

See overleaf for more details