

Did you know?

- Almost 70% of us aren't active enough.
- Being active for just 30 minutes a day makes all the difference.
- Walking is one of the best ways to keep active.
- Walking is good for your brain and your body.
- One of the most common reasons for not walking is not knowing where you can go.

What is this leaflet?

This leaflet is one of a set produced through Wokingham Borough Council to highlight interesting short walks around Winnersh.

The walks link local places and amenities using quieter more walker-friendly paths and areas of open space where possible.



About the walks

The walks are generally flat on firm surfaces with no narrow barriers. On the Westfield Road Surgery to Holiday Inn walk there are steps at the IQ Winnersh footbridge, but these can be avoided by using the pedestrian crossing at the roundabout at Wharfedale/Eskdale Roads and the lift adjacent to the steps by WHSmith.

The Green Corridor Walk4Life Mile and the Rainbow Centre Western Fields Circular walk include unsurfaced paths and are liable to be wet and muddy.

How to find out more

These maps have been produced by Walk England and Wokingham Borough Council's Local Sustainable Transport team. For more information or to let us know if you enjoyed these walks email wokinghamdirect@wokingham.gov.uk

Visit the Walk4Life website to find out how far you walk, discover new walks and join other Winnersh walkers at www.walk4life.info/groups/winnersh-walkers

 @WalkWokingham

walk 4 life

Winnersh South Walks

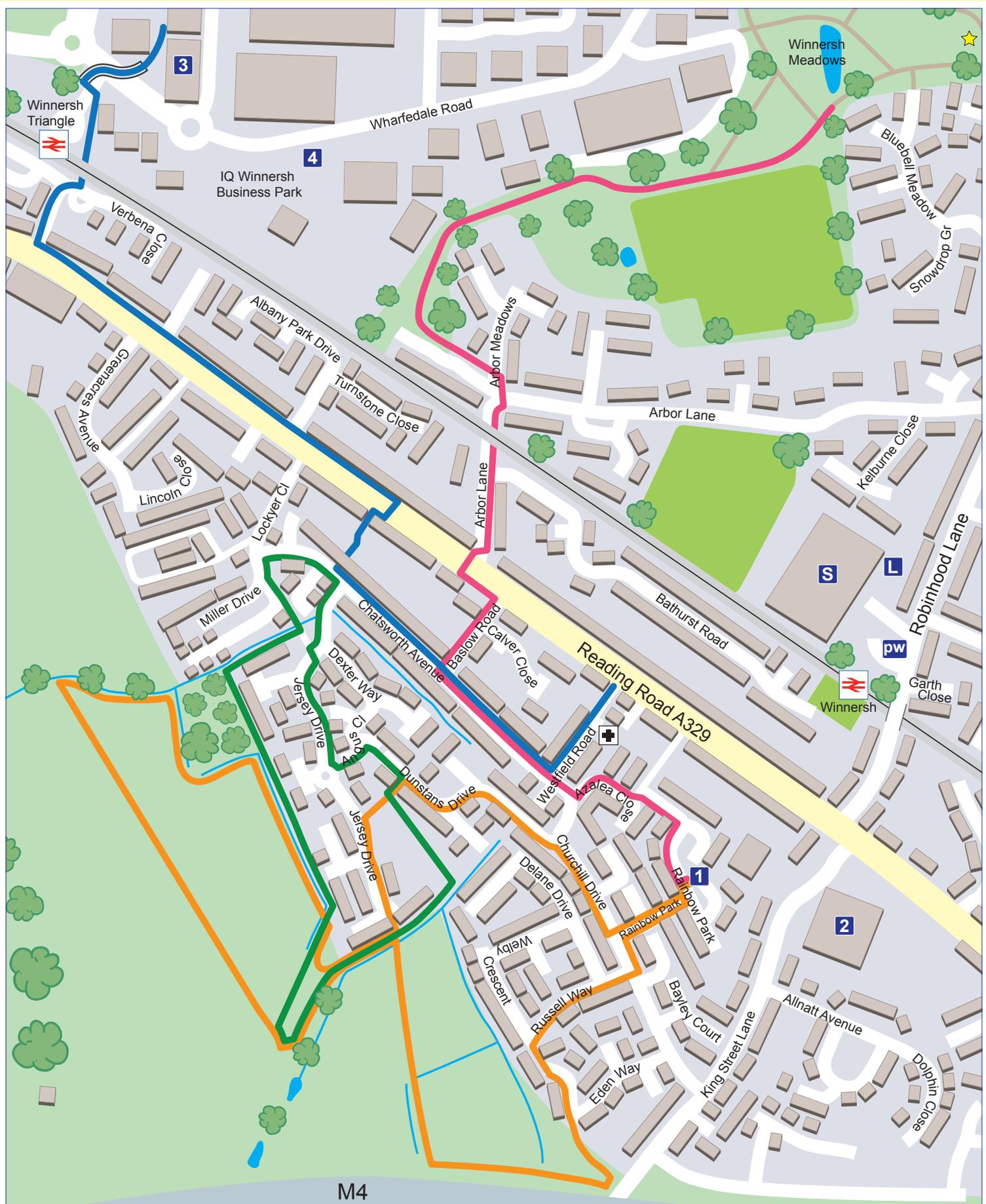
Short walks in and around Winnersh



 **my Journey** HELPING WOKINGHAM GET AROUND

Walk
ENGLAND

 **WOKINGHAM**
BOROUGH COUNCIL



- Westfield Road Surgery to Holiday Inn
1 mile / 20 minutes
- Rainbow Centre to Winnersh Meadows
1 mile / 20 minutes
- Green Corridor Walk4Life Mile
1 mile / 20 minutes
- Rainbow Centre Western Fields Circular
2 miles / 40 minutes

- S**
- L**
- pw**
- 1**
- 2**
- 3**
- 4**

- GP surgery
- Rail station
- Outdoor Gym