### 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 Wokingham.

The map shows walking-friendly routes in your local area. The highlighted routes are good routes to key places, we've given these a time to help you judge how long it will take you to get around.



#### About the walks

Where possible the highlighted walking routes use pedestrian crossings but where this is not the case please take extra care.

Walks 1, 2, 3, 5 and 7 all have sections of unsurfaced path which is uneven and could become muddy in wet weather.

Walk 6 has steps or a moderate slope and width restricted barrier at each end of the subway under Reading Road.

## How to find out more

These maps have been produced for Wokingham Borough Council's Local Sustainable Transport team by by Walk Unlimited.

www.myjourneywokingham.com wokinghamdirect@wokingham.gov.uk

@MJWokingham
www.facebook.com/MJWokingham

www.walk4life.info

# **Woosehill Walks**

Short walks in and around Wokingham











SchoolChurchGP surgery

➡ Rail station

Path

Walk 1 1.3 miles / 26 minutes

Walk 2 0.8 mile / 16 minutes

Walk 3 2.1 miles / 42 minutes

Walk 4 1.2 miles / 24 minutes

Walk 5 0.6 mile / 12 minutes

Walk 6 0.9 mile / 18 minutes Walk 7

1 mile / 20 minutes

