

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.

Walk 2 has steps or a moderate slope and width restricted barrier at each end of the subway under Reading Road.

On walk 4 within Holt Copse and Joel Park paths are unsurfaced and may be muddy in wet weather. Paths are uneven with exposed tree roots.

Walks 5 and 6 have several width restricted barriers, a kissing gate and sections of unsurfaced path.

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](https://twitter.com/MJWokingham)

www.facebook.com/MJWokingham

www.walk4life.info

walk 4 life

Emmbrook Walks

Short walks in and around Wokingham



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HELPING
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Walk
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www.myjourneywokingham.com

Emmbrook Walks

- School
- Church
- GP surgery
- Rail station
- Path

- Walk 1
0.8 mile / 16 minutes
- Walk 2
0.7 mile / 14 minutes
- Walk 3
0.8 mile / 16 minutes
- Walk 4
0.6 mile / 12 minutes
- Walk 5
1.2 miles / 24 minutes
- Walk 6
1.8 miles / 36 minutes

