



Goring Gap Health Walks

GGHW had a very successful 2007. Figures for the number of walks, number of walkers and number of person walks were all about 10% up on 2006. In particular the additional Monday evening walk proved to be popular and will definitely be repeated from April to the end of September this year.

Natural England have confirmed that GGHW are now recognised as a high quality walk group by Health Professionals under the Walking the way to Health Accreditation Scheme.

The criteria for receiving the Accreditation is to offer led walks for beginners (known as First Steps), meeting Walking for Health Initiative (WHI) safety and insurance standards for all walks and collecting basic monitoring information for the National Institute for Health and Clinical Excellence (NICE).

All regular walks begin at Goring Village Hall.

The current timetable, valid until the end of March, is:

Tuesday 10:00 - B, C & First Steps.

Friday 10:00 – B.

Saturday 09:00 - A & B.

Sunday - B (family).

New First Step walkers must contact us before attending a walk.

Please contact Bernard Novell on 01491 873092 or visit

www.goringgapwalks.co.uk for more information.