



Photography © The Ramblers / Walking for Health / Paul Glendell

lead the way

Rochford District and Castle Point Health Walks

Walking is great for your health and puts a spring in your step.

You can take part in our free short walks near to where you live, at a pace that works for you, and with specially trained leaders showing you the way.

It's a great way to stretch your legs, explore what's on your doorstep, and make new friends.

Rochford District Health Walks

Mondays at 10.45am
Hullbridge*

2
miles

Meet in the car park on the corner of Ferry Road and Pooles Lane

Bus route
No 20

Thursdays at 10.45am
Hockley Woods*

2-2.5
miles

Meet in the car park, which is pay and display (entrance next to The Bull)

Bus route
No 7 or 8 for Hockley

Walk Tall in Castle Point

Monday at 10.30am
Richmond Hall, Benfleet*
Richmond Hall Car Park
Benfleet

2-3
miles

Wednesday at 10.30am
Canvey Island Sea Wall
Meet in Labworth Car Park

1.5-2
miles

1st & 3rd Friday every month
at 10.30am
Hadleigh
Meet in Castle Lane Car Park at the bottom of Castle Lane

4
miles



Supporting you to
get active and stay active



livewell
in the Rochford District

***Shorter 30 minutes walks are available at these venues**

For further information on both schemes please phone Rochford District Council on

01702 318121

www.rochford.gov.uk