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# 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\***

2-3  
miles

Richmond Hall Car Park  
Benfleet

**Wednesday at 10.30am**  
**Canvey Island Sea Wall**

1.5-2  
miles

Meet in Labworth Car Park

**1st & 3rd Friday every month**  
**at 10.30am**  
**Hadleigh**

4  
miles

Meet in Castle Lane Car Park at the bottom of Castle Lane



Supporting you to  
get active and stay active

**\*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](http://www.rochford.gov.uk)**