



# WALK MORE

## WHY NOT GET YOUR FRIENDS AND FAMILY OUT WALKING WITH YOU?

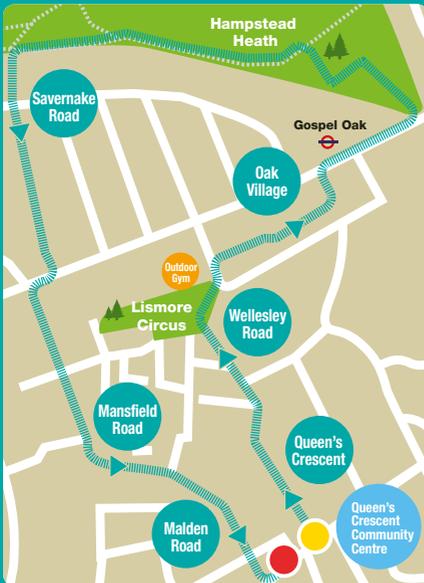
### GOSPEL OAK WALK

To help get you started, here's a local walking route.

LENGTH: **1.5 MILES**

● Start and ● finish:

Queen's Crescent Community Centre



- Walk along Wellesley Road through Lismore Circus to Elaine Grove.
- Continue to Oak Village turning left till you reach Gordon House Road then turn right passing Gospel Oak station on your left.
- After the bridge turn left into Hampstead Heath Park.
- Walk straight then join path behind Lido. Follow this path until foot bridge on your left.
- Cross foot bridge onto Savernake Road and onto Roderick Road.
- Cross Mansfield Road, walk down Southampton Road into Malden Road.
- Walk to Queen's Crescent.

ACTIVE  
**10**

DOWNLOAD  
THE FREE  
APP TO HELP

[oneyoucamden.org/walking](http://oneyoucamden.org/walking)

BECAUSE THERE'S ONLY  
**ONE YOU**

# GOSPEL OAK WALK



## Brisk is better

Brisk walking means taking up a pace where your breathing rate and heartbeat increase, but you can still carry on a conversation. The NHS recommends people exercise for at least 30 minutes a day, but if you don't walk very much at all, it might be good to break this down into ten minute brisk bursts, and build up to half an hour.

## Why walk?

There are many benefits of brisk walking, it:

- increases mobility, strength and balance, reducing the risk of falls,
- improves heart health and blood pressure,
- increases happiness and wellbeing,
- allows you to get to know Camden better, as well as meet new people,
- helps the environment and is a great way to relax.

## What are you waiting for?

Turn over to find a suggested local route for you to get you started.

Find more local routes like this, as well as tools, tips and information to help you increase your walking by visiting [oneyoucamden.org/walking](https://oneyoucamden.org/walking)

## If you're unsure about where to walk in Camden, why not join a walking group?

Camden Health Walks, organised by the Council are designed for anyone, including those new to exercise. All walks are led by qualified Walk leaders, and there is no need to book in advance.

For more information email [active@camden.gov.uk](mailto:active@camden.gov.uk)