Walks in the Uttlesford District

www.livewellcampaign.co.uk
Welcome!

This guide aims to provide information on the local walks which take place in the Uttlesford District. These range from weekly guided walks, to mapped walking routes throughout the district.

Walking is simply one of the easiest ways to get more active, maintain a healthy weight and be surrounded by nature, whilst socialising or taking a break from a busy schedule.

Additionally, walking helps to prevent numerous conditions, including heart disease, high blood pressure and type 2 diabetes, whilst strengthening bones and muscles and improving mood, balance and co-ordination.

Key:

- £: This walk has a cost
- F: This walk is free
- M: Membership is required to attend

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**Saffron Walden and District Footpaths Association**

There are organised walks on the 3rd Sunday of each month. If you would like to find out more, head to their website: [www.walkinginessex.co.uk](http://www.walkinginessex.co.uk)

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**Stansted Mountfitchet U3A Walks**

The group meets most Sundays at the top of Chapel Hill, on the corner of the car park at 9:30am. The walk is approximately 1 hour.

In addition, there is a longer walk of 3 to 6 miles, which is called Walking and Nature Appreciation. This takes place the last Wednesday of each month.

To find more information about these walks visit the Stansted Mountfitchet U3A website: [www.stanstedu3a.org](http://www.stanstedu3a.org) or email stanstedgroups@gmail.com

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**Uttlesford Ramblers**

The Uttlesford Ramblers group usually walks twice a week. The Saturday walks are approximately 10 miles and the mid-week morning walks are approximately 5 miles.

Most walks are in the surrounding countryside of North West Essex and East Herts, but some can be further afield. The walks are a moderate pace (approximately 2.5 miles an hour).

Walking weekends away (Friday-Sunday) are also arranged twice a year, in the spring and autumn.

To find out more, or to see the upcoming walks for the Uttlesford Ramblers group, visit: [www.uttlesfordramblers.org](http://www.uttlesfordramblers.org)
Saffron Walden U3A run two rambler groups

**Ramblers group 1**
This group meet on alternate Thursday mornings every fortnight at the Lord Butler Leisure Centre car park at 09:45am to depart at 10:00am.

**Ramblers group 2**
This group meet on alternate Thursday mornings, alternating with Ramblers group 1 every fortnight, at the Lord Butler Leisure Centre car park at 09:45am to depart at 10:00am.

Both walks are between 3 and 6 miles.

If you would like to find out more information, please visit the Saffron Walden U3A website: [www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk)

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Dunmow U3A Walks

The Dunmow walks are on Mondays at 9:30am and are approximately 4 to 7 miles.

The walks are weekly through the summer months but fortnightly through the winter months.

The location and time of the walk can change, so please check the Dunmow U3A website for more information: [https://u3asites.org.uk/dunmow/groups](https://u3asites.org.uk/dunmow/groups)

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Ashdon Walking Group

The group meets at the Baptist car park in Ashdon, to walk the village footpaths every Monday at 9:30am, except bank holidays. The walk is a leisurely stroll and is approximately 1.5 miles.

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Newport Walking Group

The Newport walks start from 1st April until 30th September weekly, with the walk leaving at 6pm on Tuesday evenings from the Newport Surgery on Frambury Lane.

The walks are usually on tracks, grass or unsealed roads and are up to 3 miles long. There is free parking at the Newport surgery. The group is made up of friendly individuals of all ages.

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Uttlesford Health Walks:

- **Hatfield Forest Walk**
  The walk starts from the Hatfield Forest main entrance car park at 9.45am on Thursdays and takes approximately 90 minutes. The walks are along forest footpaths and open grassland. Dogs on leads are welcome on the walk.

- **Dunmow Walk**
  The walk starts from the Dourdan Pavilion car park on Wednesday mornings at 10.30am.
  A Two-part Walk for different levels of fitness:
  - Basic Health Walk—approximately a 30 minute walk in and around the recreation ground, designed to help people new to exercise. This is followed by an intermediate Health Walk (optional) which is approximately 60-90 minutes.
  - Intermediate Health Walk—approximately 60-90 minutes.

- **Hatfield Heath Walk**
  The walk starts from outside The Surgery, Broomfield's in Hatfield Heath on Friday mornings at 10.00am and takes approximately 60 minutes.
• **Stansted Walk**
  The walk starts from outside the Stansted Mountfitchet library on **Friday mornings at 10.30am**, walks take no longer than 60 minutes.

• **Thaxted Walk**
  The walk starts from outside The Surgery, Margaret Street on **Tuesday mornings at 10.00am**. The walk will take no longer than 75 minutes.
  The walk starts from the car park opposite the surgery, on **Thursday mornings 9:00am** this is a shorter walk for 45-50 minutes. In addition there is a longer walk on **Thursday mornings at 10:00am** for 75 minutes.

• **Saffron Walden Walk**
  The walk starts from Swan Meadow car park (next to the pond) on **Thursday mornings at 10.00am**. The walk is no longer than 60-75 minutes.

If you would like to join one of these health walks, please email: 
lfsh@ Uttlesford.gov.uk or call 01799 510585

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**The Rodings and Surrounding Area U3A Walks**

The walks are led by different U3A members, who take the group through an area of countryside they know well, therefore giving an interesting variety of routes. They walk once a month, for 4 or 5 miles at a moderate pace, with the usual starting time of 10:30am. These are walks which end at a pub, where the walkers can enjoy some food and drink together. The programme is published in the monthly newsletter, and information about forthcoming dates is sent out by email.

If you would like to find out more, visit The Rodings and Surrounding Area U3A website: [https://u3asites.org.uk/the-rodings-area/home](https://u3asites.org.uk/the-rodings-area/home)

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**Men’s Walks – St Mary’s Church Saffron Walden**

Around six times a year the group gathers together at 10am on a Saturday below the tower of St. Mary’s Church Saffron Walden.

The walks are around six miles in the countryside and they finish with a pub lunch. Those who can’t make the walk often meet at the pub for lunch.

The walk involves some hills, muddy uneven terrain and fields with animals as well as stiles to climb over and overhanging vegetation to pass under.

If you haven’t joined before then please do come along, or if you are a regular then invite a friend.

To find out more please visit the St Mary’s Church Website: [www.stmaryssaffronwalden.org](http://www.stmaryssaffronwalden.org)
Nordic Walking UK offers a range of walks throughout the country, but a local area can be searched for on the website. For instance, ‘Saffron Walden’ or ‘Uttlesford’.

They offer Adventure walks with green, amber or red ratings for the length of the walk:
- **Green:** 1 hour
- **Amber:** 2 hours
- **Red:** 1-3 hours

There are also Wellbeing walks. These are especially suited for new walkers, wanting to improve fitness levels. This walk is also great for walkers returning to fitness following injury or illness.

In addition, there is a Workout walk. This is for individuals who want to improve fitness levels.

There is an Ultimate Nordic Class, which is a Bootcamp on the go. This is a circuit based class based on expedition training.

If you would like to find out more, please visit the Nordic Walking UK website: [www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)

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**Farnham Nordic Walking Group**

This sociable and welcoming group meets every Wednesday at 9:30am in Farnham, near Stansted Mountfitchet. Please bare in mind the location of the walk can change. The leader chooses walks of varying lengths around the county and emails or texts the meeting places.

Distances vary between 5-6 miles.

If you are interested in joining this group or finding out more, please email: carolineebore@gmail.com / robnavara@btinternet.com or call 01279 771071

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**Farnham Walking Group**

This group meets in Farnham on alternate Tuesdays. These are shorter walks at a leisurely pace. If you would like to join, please call:

01279 771071 or 01279 771313

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**The Hundred Parishes**

There is no better way to explore this lovely and interesting area than by foot. The Hundred Parish Society is pleased to offer a series of walking routes from and to railway stations.

If you would like to find out more about these local walking routes visit: [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

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**The Long Distance Walking Association**

The Long Distance Walking Association organises many challenges and local group walks, as well as listing many more organised by other organisations. Challenge events are normally between 20 and 100 miles and are generally completed within a defined time limit. Group walks are normally led walks of around 20 miles.

Please visit the website to find walks in your area: [www.ldwa.org.uk](http://www.ldwa.org.uk)

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**Uttlesford Wildlife Walks**

Please visit the Uttlesford Wildlife website to view the suggested walks, which are designed for the part of the year when wildlife is most active, roughly between late March and October. These suggested walks can be downloaded at: [www.uttlesford-wildlife.org.uk](http://www.uttlesford-wildlife.org.uk)
Livewell, which is a countywide project to get Essex healthy, offers everything residents need to know about what activities there are locally in Uttlesford and other districts, including advice for families, information on nutrition and weight management, mental wellbeing and ageing well.

If you would like to find out more visit the Livewell Website at: www.livewellcampaign.co.uk
What are you waiting for?
Come and join the many walks taking place in Uttlesford
If you would like paper copy of this information, please call Lucy Fish: 01799 510585

www.livewellcampaign.co.uk

The information in this leaflet is correct at the time of printing (February 2018)