

# WALKING IN KENILWORTH

A list of walking and running groups that take place in and around Kenilworth, compiled by Compassionate Kenilworth.

*Walking groups*

*Running group*

*parkrun*

*Local running clubs*

*Membership based groups*

If you would like your group to appear in this leaflet, email [h.braithwaite@kc19.uk](mailto:h.braithwaite@kc19.uk)



# Walking groups

**Arthur's Allsorts** Meet 9:30am every Wednesday at the War Memorial at the top of Abbey Fields for a 3-4 mile walk, often with a shorter option, followed by tea/coffee at the Almanack  
A group of runners meet at the same time so don't be put off by the runners. No need to book - just turn up  
Facebook - Wednesday morning running group (many messages relate to the runners)

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## Walking for Health

### Abbey Medical Centre

Meet outside Abbey Medical Centre every Friday at 12:20

There is a short and a longer walk depending on abilities, followed by refreshments at the Kenilworth Centre

For more information email:

[charlotte.tayte@kenilworthandwarwickpcn.nhs.uk](mailto:charlotte.tayte@kenilworthandwarwickpcn.nhs.uk)

### Castle Medical Centre

Meet outside Castle Medical Centre every Monday at 14:45

A walk followed by tea, coffee and chats

Contact the surgery for more information

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## NCT Walk and Talk

Abbey Fields, Kenilworth 11:30 - 12:30 2nd and 4th Friday of the month.

NCT walks are free and open to any new parents. We walk and chat on paths for about an hour.

Details and booking links can be found on NCTs event finder (including additional walks on Mondays at Warwick Racecourse and Wednesdays at Newbold Comyn.

<https://www.nct.org.uk/local-activities-meet-ups>

Facebook NCT Warwickshire Central



## Walking groups

### **Kenilworth Men Walking and Talking**

Walks start at Abbey Fields Car Park  
Every Thursday at 7pm  
Aims to be a support network for local men and to help them share and talk about their mental health  
For more information look at:  
<https://www.menwalkingandtalking.co.uk/walks/kenilworth/>

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### **The Kenilworth Walking Women**

Inspired by the men's walking and talking group  
Aimed for women who want to walk in the evening but don't want to walk alone  
Meet at Abbey Fields Car Park  
Every Tuesday at 7pm  
<https://www.kenilworthwalkingwomen.co.uk/>

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## Running group

**Arthur's Allsorts** Meet 9:30am every Wednesday at the War Memorial at the top of Abbey Fields for a run of around 5 miles, followed by tea/coffee at the Almanack  
No need to book - just turn up  
Facebook - Wednesday morning running group



# Membership-based walking groups

## **Kenilworth Walking U3A**

### **Local Walk and Talk Group**

Meet on the 3rd Monday of the month 2 - 4pm for a gentle walk and talk of between 2 and 4 miles, with a drink at the end in a café or pub.

Contact Alison Tyler through the details on the U3A website [https://kenilworth.u3asite.uk/u3a\\_groups/local-walk-and-talk/](https://kenilworth.u3asite.uk/u3a_groups/local-walk-and-talk/)

### **Daytime walks**

Meet on 2nd Thursday and 4th Friday of each month at 10:30, for a countryside walk of about 5 miles. Walks usually start from a pub car park up to half an hour's drive from Kenilworth. Group members make their own travel arrangements and are encouraged to share lifts. There is a brief stop for refreshments and they usually return to the pub for lunch (optional). Dogs are not allowed on the walks. If interested contact Norman Ireland or Clive Dutson through the details on the U3A website

[https://kenilworth.u3asite.uk/u3a\\_groups/walking/](https://kenilworth.u3asite.uk/u3a_groups/walking/)

**To take part in these walks you need to be a member of U3A**

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## **Kenilworth Rambling Club**

Kenilworth Rambling Club enjoys 3 Sunday morning walks each month, usually of between 4 and 8 miles, followed by a pub meal or picnic. There is an Annual Membership cost of £10 but we invite prospective new members to join us for one free introductory walk. Walkers walk at their own risk and should wear suitable walking boots/ shoes, clothing and equipment to meet weather and ground conditions.

If you would like to join us, please contact:

Christine Beddows: [01926853311](tel:01926853311). Mobile: 07881 685899

Email: [emailbeddows@gmail.com](mailto:emailbeddows@gmail.com)



# Membership-based walking groups

## **Kenilworth Walkers**

Members are adults, some aged 80+, and walk on Thursday or Friday, weather permitting. Dogs are not allowed on the walks.

### **Thursday walks**

Either a figure of 8 or a circular walk of between 8.5 miles to 10 miles. Walks may be local in Warwickshire or they could be in the Cotswolds etc.

### **Friday walks**

4 to 5 mile walks. Walks are usually in Warwickshire or the West Midlands.

Please contact the Membership Secretary at [kwcms100@gmail.com](mailto:kwcms100@gmail.com) or text mobile number 07557 306329 if you are interested in joining us.

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## **Mid Warwickshire Group of the Ramblers Association**

We walk weekly on Sundays all year, with additional midweek walks in the summer. Our walks programme is varied and widespread, taking in the Cotswolds, the Malverns, the Chilterns and South Derbyshire. Our walks generally range from five to fifteen miles, shorter walks (5-9 miles) and longer walks (10-14 miles) with most in the range 8-12 miles.

The meeting point for walks is the Victoria Park Car Park off Princes Drive, Leamington Spa, CV31 3PH.

For more information, look at [www.midwarkramblers.org](http://www.midwarkramblers.org) or contact the membership secretary Bill Burton on 07944 149794



# Membership-based walking groups

## **WI Walking Group**

We have an active WI walking group. The walks are around 3-4 miles long and the difficulty of each walk is advertised to members before they sign up to take part. They are a super opportunity to catch up with some other members and undertake healthy exercise at the same time!

The WI have an annual membership charge of £46.

For more information, see their website

<https://www.kenilworthwi.org/>

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## **Kenilworth Footpath Preservation Group (KFPG)**

If you encounter difficulties with footpaths when out walking, in the first instance, please report these difficulties to the KFPG by contacting Jim Passmore by phone on 024 7633 7119 or by email to [mail@kfpg.org.uk](mailto:mail@kfpg.org.uk).

Alternatively, use the Jotform found in the 'contact us' section of the KFPG website [www.kenilworthfootpaths.org.uk](http://www.kenilworthfootpaths.org.uk).

Alternatively contact Warwickshire County Council, Countryside Recreation, Unit 11 Montague Road, Warwick, CV34 5LW on 01926 413427 or email [paths@warwickshire.gov.uk](mailto:paths@warwickshire.gov.uk)

In all cases give full details including, if possible, an OS map reference.





## What is parkrun?

A free, weekly, timed 5k event, organised by local volunteers.

Feel free to walk, jog, run or volunteer. No one is too slow to do a parkrun and you will never be last as there is a tailwalker whose role it is to finish last.

Every Saturday at 9am (best to arrive 10 minutes early to hear the briefings)

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## Local parkruns

### Leamington parkrun

Newbold Comyn, Newbold Terrace East, Leamington Spa (meet at the football pavilion)

<https://www.parkrun.org.uk/leamington/>

Email: [leamington@parkrun.com](mailto:leamington@parkrun.com)

### Warwick Racecourse parkrun

Warwick Racecourse, Hampton Street, Warwick, CV34 6HN (meet adjacent to Warwick Golf Centre,)

<https://www.parkrun.org.uk/warwickracecourse/>

Email: [warwickracecourse@parkrun.com](mailto:warwickracecourse@parkrun.com)

### Coventry parkrun

War Memorial Park, Kenilworth Road, Coventry, CV3 6PT (Meet on the wide tree-lined avenue from the perimeter path heading towards the Visitor Centre)

<https://www.parkrun.org.uk/coventry/>

Email: [coventry@parkrun.com](mailto:coventry@parkrun.com)



# Local running clubs

## **Kenilworth Runners**

Kenilworth Runners is an established, friendly & supportive Road and Cross Country Running Club with over 300 members based in Warwickshire, UK.

The club offers opportunities for runners of all abilities with our members ranging from graduates of Raring to Go beginners' courses up to our experienced runners who compete at county & national level. At a youth level the club offers training and competition with members able to join from 12.

<https://kenilworthrunners.com/>

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## **Spa Striders**

We are a friendly and social running club based in Leamington Spa. If you want to train for a marathon, compete in races, get a bit fitter, or just meet some new people then browse around a bit to check out what we do, how to find us and what you need to know about joining. The club is for anyone who enjoys running.

<https://spastriders.co.uk/>

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## **Leamington Cycling and Athletics Club**

Leamington C&AC is a family friendly athletics club in Leamington Spa, which welcomes cyclists, athletes and runners of all abilities. Come and join us whether you wish to improve your running, jumping and throwing performances or simply want to run for fun. We are based at Edmonscote athletics track which offers excellent facilities, Our members, young and not so young, benefit from high quality coaching delivered by our qualified coaches.

<https://leamingtoncyclingandathletics.org.uk/>

