



Compassionate
KENILWORTH

WALKING IN KENILWORTH

Walking groups in and around Kenilworth



Walking groups

Arthur's Allsorts Meet 9:30am every Wednesday at the War Memorial in Abbey Fields
3-4 mile walk, usually 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

Walking for Health

Abbey Medical Centre

Meet outside Abbey Medical Centre every Friday at 12:20

There is a shorter and a longer walk depending on abilities

Followed by refreshments at the Kenilworth Centre

For more information email:

charlotte.tayte@@southwarwickshiregps.nhs.uk

Castle Medical Centre

Meet outside Castle Medical Centre every Monday at 14:45

Followed by tea, coffee and chats

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

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





What is parkrun?

Free, weekly, timed 5k events
Organised by local volunteers
Feel free to walk, jog, run or volunteer
Every Saturday at 9am (best to arrive 10 minutes early to hear the briefings)

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

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

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



Membership-based 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. If interested contact Alison Tyler through the details on the U3A website <https://u3asites.org.uk/kenilworth/page/128056> or ring 01926 748588, or 07754 384248.

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 we usually return to the pub for lunch (optional). Each time, a different member makes arrangements with the pub and plans and leads the walk. Details are circulated by e-mail about two weeks before the walk. Dogs are not allowed on the walks.

If interested contact Norman Ireland or Clive Dutson through the details on the U3A website.

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

Kenilworth Rambling Club

Kenilworth Rambling Club enjoys 3 Sunday morning walks each month. During June we also have a supper walk. In addition to this, we also enjoy two walking weekends away during the year. There is an Annual Membership cost of £10.

If you would like to join us, please contact:
Christine Beddows (Membership enquiries)
[01926853311](tel:01926853311). Mobile:07881 685899
Email: emailbeddows@gmail.com

Waiting to hear back from Christine - email reminder
13/2/24



Membership-based groups

Kenilworth Walkers

Members are adults, some 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 or text mobile number 07557 306329 if you are interested in joining us.

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), most are 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 or contact the membership secretary Bill Burton on 07944 149794



Membership-based 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/>

Kenilworth Methodist Church Walking Group

The KMC Walking group meets on the second Friday of the month and we walk about 5 miles in the Warwickshire countryside, sometimes finishing with a pub meal.

We meet at church just before 10am and arrange travel to the start of the walk in people's cars. There are usually between 15 and 20 people walking so it's a very sociable occasion. The walk, with a map, is usually displayed on the church notice board a week or more prior to the walk. You are welcome to join us.

Email office@kenilworthmethodist.org.uk or call 01926 863252

Kenilworth Footpath Preservation Group (KFPG),

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

Alternatively, use the Jotform found in the 'contact us' section of our website www.kenilworthfootpaths.org.uk.

Or contact Warwickshire County Council, Countryside Recreation, Unit 11 Montague Road, Warwick, CV34 5LW on 01926 413427 or email paths@warwickshire.gov.uk

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

