

WALKING INFORMATION

Who we are

Ramblers Wellbeing Walks Salisbury is part of a national organisation run by the Ramblers.

To find out more visit <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups>, click on Find a Wellbeing Walk Group, enter Salisbury and click on Ramblers Wellbeing Walks Salisbury.

Walking is a great form of exercise but remember:

- Do build up gently if you are unfit - even walking at a slow pace has health benefits, walk as fast as you can but don't over exert yourself.
- Group walking has social benefits and can combat loneliness.
- Walking outdoors in nature has proven benefit for mental health and wellbeing.

WALKING LEAFLETS

Walking leaflets are available **free** from the Salisbury Transportation Team on 01722 434325 or from the Salisbury Information Centre. The following leaflets are available:

- Salisbury and Wilton Walking Map and Information Guide
- Salisbury to Stonehenge Cycling and Bus Walks Map

OTHER WALKING GROUPS

Get Wiltshire Walking

Run by Wiltshire Council has a Strider Walk every Wednesday at 09:30am from Five Rivers Health and Wellbeing Centre.

Contact: Natalie Parker Community Walks Co-ordinator

Tel: 07917 599964 /

Email: natalie.parker@wiltshire.gov.uk

South Wilts Ramblers

Run up to 4 walks per week. Distances 4 - 6 miles on weekdays and 10-12 miles on a Sunday. For more information visit www.ramblers.org.uk/south-wiltshire and complete the online contact form.

They welcome people for a couple of 'taster walks' without joining the Ramblers. If you need to book a place then the leader's contacts are included but most are 'just turn up'. Access is by car but car-sharing is offered.

Wellbeing Walks Salisbury

SUPPORTED BY SALISBURY CITY COUNCIL

Organised and led by trained volunteers

PROGRAMME: May - August 2026



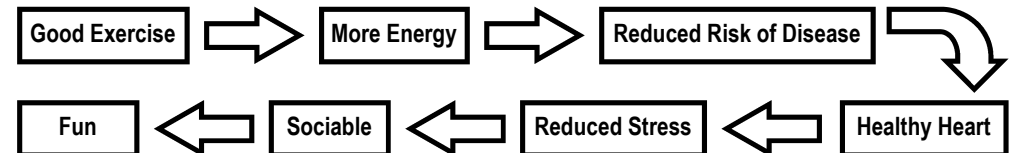
FOOTSTEPS TO FITNESS

DOORSTEP WALKS

Walking is an enjoyable way to get more active and improve your health and fitness. Health walks are free and open to all, start points are accessible by bus.

Walkers are asked to take responsibility for their own safety and wellbeing.

WHY WALK?



To download this programme please visit:

<https://www.experiencesalisbury.co.uk/listing/ramblers-wellbeing-walks-salisbury/>

Local contacts:

Pam Rouquette - Tel: (01722) 334209 / Email: pamrouquette@hotmail.com

Gordon Robinson - Tel: 07852 613655

THURSDAYS at 10.00am

All walks are circular and start at 10.00am from the meeting points listed in the table below. Bus stops and times are given from the City Centre.

Footsteps To Fitness - 30 minute walks



Suitable for new walkers, those recovering from illness or surgery or anyone who lives alone and wants to get out and meet new people. Followed by coffee and chat.

Walk Meeting Point: Parish Hall, Lower Street, West Harnham - 10.00am on the 1st and 3rd Wednesdays of each month. [Catch the R5 bus to the Old Parsonage.]

6th & 20th May

3rd & 17th June

1st & 15th July

5th & 19th August

Walk Meeting Point: Victoria Park, Castle Road - meet at Coffee Kiosk - 10.00am on the 1st and 3rd Fridays of each month. [All Castle Road buses stop at Victoria Park as does the R12 from Stratford Bridge.]

1st & 15th May

5th & 19th June

3rd & 17th July

7th & 21st August

Footsteps Walks are now also available on the second and last Thursdays of each month from the start points listed in the table below.

14th & 28th May

11th & 25th June

9th & 30th July

13th & 27th August

Doorstep Walks



There are two levels of walk, the shorter walk of 45-60 mins. is mainly over level ground but can have uneven surfaces and is taken at a slower pace. This is suitable for those who want to maintain their level of fitness or increase fitness after illness or injury. Please wear suitable shoes.



A longer walk of up to 90 mins. is for people looking for more challenging walks to increase their level of physical activity. They may include steeper slopes, steps, and rough ground. Suitable footwear is essential.

DATE		MEETING POINT	CITY CENTRE BUS STOP, ROUTE & TIME
May	7 th	Wilton Market Square	PR3 - 09.30am - Stop [S] New Canal
	14 th	Old Mill, Harnham	Red 5 - 09.25am - Stop [N] Blue Boar Row
	21 st	Five Rivers Health & Wellbeing Centre	Red 11 - 09.37am - Stop [J] Castle Street
	28 th	Chorister's Green, The Cathedral Close	
June	4 th	The Green, Laverstock	Red 6 - 09.40am - Stop [C] Endless Street
	11 th	Queen Elizabeth Gardens, Long Bridge	
	18 th	Five Rivers Health & Wellbeing Centre	Red 11 - 09.37am - Stop [J] Castle Street
	25 th	Chorister's Green, The Cathedral Close	
July	2 nd	Bishopdown Farm Roundabout*	PR7 - 09.53am - Stop [B] Endless Street
	9 th	Salisbury Playhouse	
	16 th	Ambulance Station, Odstock Road	Red 1 - 09.37am - Stop [O] Blue Boar Row
	23 rd	Five Rivers Health & Wellbeing Centre	Red 11 - 09.37am - Stop [J] Castle Street
	30 th	Chorister's Green, The Cathedral Close	
August	6 th	Old Castle Inn, Old Sarum	X4 - 09.45am - Stop [M] Blue Boar Row
	13 th	Jcn of Britford Lane & New Bridge Road	Red 1 - 09.37am - Stop [O] Blue Boar Row
	20 th	Five Rivers Health & Wellbeing Centre	Red 11 - 09.37am - Stop [J] Castle Street
	27 th	Chorister's Green, The Cathedral Close	

NOTES:

Please check all bus times as they are subject to change at short notice.

* These walks will wait for the bus so will start at 10/10am.