

## Did you know?

- Almost 70% of us aren't active enough.
- Being active for just 30 minutes a day makes all the difference.
- Walking is one of the best ways to keep active.
- Walking is good for your brain and your body.
- One of the most common reasons for not walking is not knowing where you can go.

## What is this leaflet?

This leaflet is one of a set produced through Wokingham Borough Council to highlight interesting short walks around Winnersh.

The walks link local places and amenities using quieter more walker-friendly paths and areas of open space where possible.



## About the walks

The walks are suitable for everyone.

Most are flat on firm, level surfaces. They are wide enough for buggies and wheelchairs. There are no stiles.

Most of the paths in Winnersh Meadow are surfaced, but part of the Winnersh Meadows Circular walk follows an unsurfaced path that can become muddy in wet weather.

## How to find out more

These maps have been produced by Walk England and Wokingham Borough Council's Local Sustainable Transport team.

For more information or to let us know if you enjoyed these walks please email [wokinghamdirect@wokingham.gov.uk](mailto:wokinghamdirect@wokingham.gov.uk)

Visit the Walk4Life website to find out how far you walk, discover new walks and join other Winnersh walkers at

[www.walk4life.info/groups/winnersh-walkers](http://www.walk4life.info/groups/winnersh-walkers)

 @WalkWokingham

**walk 4 life**

## Winnersh North Walks

Short walks in and around Winnersh



**my Journey** HELPING WOKINGHAM GET AROUND

**Walk**  
ENGLAND

 **WOKINGHAM**  
BOROUGH COUNCIL



- Winnersh Station to IQ Winnersh Business Park  
1.9 miles / 38 minutes
- Winnersh Meadows Circular  
1.5 miles / 30 minutes (there and back)
- Winnersh Primary to Dragonfly Cafe  
0.7 mile / 14 minutes
- Winnersh Primary Walk4Life Mile  
1 mile / 20 minutes
- Sainsbury's to Winnersh Primary  
1.2 miles / 24 minutes

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|-----------------------------|------------------------|
| <b>S</b> School             | <b>3</b> Kids'n'Action |
| <b>L</b> Library            | <b>+</b> GP surgery    |
| <b>pw</b> Place of worship  | <b>⚓</b> Rail station  |
| <b>1</b> The Rainbow Centre | <b>★</b> Outdoor Gym   |
| <b>2</b> Sainsbury's        |                        |