

Green health routes

Explore local nature walks from the front door of your local GP surgery



GET ACTIVE OUTDOORS IN NATURE AND IMPROVE YOUR PHYSICAL AND MENTAL WELLBEING

Walking in nature is a great way to do this because:

- ♥ It's free!
- ♥ You can do it almost anywhere, any time
- ♥ It's gentle so you're unlikely to get injured
- ♥ You can start slowly and build up gradually as you gain confidence
- ♥ It's a great way to meet friends and have fun

It's a great way to get active outdoors and may even inspire you to try other activities. Why not try these walking routes regularly and see if your health improves.




				
Remember the simple things that give you joy.	Do what you can, enjoy what you do, move your mood.	Embrace new experiences, see opportunities, surprise yourself.	Your time, your words, your presence.	Talk and listen, be there, feel connected.


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A downhill walk to Spider's Lane where three-cornered leek grows in spring. Enjoy a gentle incline on the way back to the surgery.

-  20-30 mins
-  0.7 mi (1.1 km)
-  1100+ steps
-  up to 59 calories
-  **Start/finish**
EX8 5NH
-  Viewpoint or point of interest
-  **1 Raleigh Surgery**



SCAN ME
for digital walk

