Basingstoke Wellbeing Walks
September 2026
For more information please email: walks@bvaction.org.uk

WALK	STARTING PLACE	PACE	LENGTH	DAY	START	DATES
Walks on Mondays						
No walks currently planned						
Walks on Tuesdays						
Oakley Woodland	Village Pond RG23 7HP (8th) , East Oakley Village Hall 'Green Hut'] RG23 7JJ (22nd)	Medium	Medium	Tuesday	10:00 AM	8th, 22nd September
Monthly Wellbeing Walk Oakley	East Oakley, St John's Churchyard, RG23 7DU	Medium	Medium	Tuesday	10:00 AM	15th September
Seniors Wellbeing Walk Buckskin	The Ridgeway Centre, Buckskin RG22 5BW	Slow	Medium	Tuesday	9:15 AM	1st, 8th, 15th, 22nd, 29th September
Walks on Wednesday						
Aquadrome - Medium	Aquadrome Café (inside doors on left) RG22 6PG	Medium	Medium	Wednesday	11:00 AM	2nd, 9th, 23rd, 30th September (Note: walk on 16th has been cancelled)
Aquadrome - Fast	Aquadrome Café (inside doors on left) RG22 6PG	Fast	Medium	Wednesday	11:00 AM	2nd, 9th, 16th, 23rd, 30th September
Beggarwood	Café, The Park Broadmere Lane, RG22 4AQ	Medium	Medium/ Long	Wednesday	11.00 AM	2nd September
Walk Together	Basingstoke Sports & Social Club	Medium	Medium	Wednesday	18:15 PM	16th September - Joining the Walk N Talk 4 Mental Health (details below)
Walk N Talk 4 Mental Health (for a special **Miles That Matter** collaborative mental health walk with **Basingstoke Voluntary Action**)	Basingstoke War Memorial Park			Wednesday	18:00 PM	16th September
Walks on Thursdays						
Baughurst	Baughurst Scout Hut, The Den, Ash Lane RG26 5PW	Medium	Long	Thursday	10.30 AM	10th, 24th September
Down Grange	Walled Garden Down Grange - meet by Hockey Club Pavilion) accessible from Pack Lane RG22 5SN.	Medium	Medium/ Long	Thursday	11:00 AM	3rd, 10th, 17th September (no walk planned on 24th Sept)
Pamber Heath	Car Park @ Pamber Heath Memorial Hall, Pamber Heath Road, Pamber Heath RG26 3TQ	Medium	Medium/ Long	Thursday	10:30 AM	3rd, 17th September
Walks on Fridays						
Rooksdown	Costa Coffee at Rooksdown RG24 9RG	Medium	Medium	Friday	13:00 PM	4th, 11th, 18th, 25th September
Walks on Saturday						
Chineham/Old Basing Area	Ladies only walk - for further information call 01256 423816 or email walks@bvaction.org.uk	Medium	Medium	Saturday	10.30 AM	12th, 26th September
Walks on Sundays						
No walks currently planned						