

## 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 generally flat on firm surfaces with no narrow barriers. There are steps on the Woodley to Dinton Pastures walk at the Loddon footbridge. There are also steps at the IQ Winnersh footbridge, but these can be avoided by using the pedestrian crossing at the roundabout at Wharfedale/Eskdale Roads and the lift adjacent to the steps by WHSmith.

The walks in the Millennium Arboretum, Dinton Pastures and Winnersh Meadows include some unsurfaced paths and are liable to be wet and muddy after rain.

## 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 email [wokinghamdirect@wokingham.gov.uk](mailto:wokinghamdirect@wokingham.gov.uk)

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 Walks

Short walks in and around Winnersh



 **my Journey**  
HELPING WOKINGHAM GET AROUND




**Walk**  
ENGLAND







 **WOKINGHAM**  
BOROUGH COUNCIL

This map is designed to show you where you can walk around Winnersh. There are two other maps in the series showing short local walks.

If you are looking for something different to do while you are walking why not try looking for a geocache?

There are 30 of them hidden around Winnersh. Find out more at [www.geocaching.com](http://www.geocaching.com)

-  GP surgery
-  Rail station
-  Park & Ride

-  Woodley to Dragonfly Cafe via Dinton Pastures  
1.2 miles / 24 minutes
-  Woodley to Dinton Pastures via Winnersh Meadows  
2.3 miles / 46 minutes
-  Winnersh Station to Holiday Inn Restaurant and Spa  
1.6 miles / 32 minutes
-  Rainbow Park to Cinema  
1.2 miles / 24 minutes
-  Sindlesham to Forest School and Library  
0.9 mile / 18 minutes
-  Forest School to Arboretum  
1.3 miles / 26 minutes

