



Wellbeing Walk

Starting Point Beaney House of Art and Knowledge
(Unless otherwise requested. Any alterations will be confirmed by CT Tours by email)

Duration 1 ½ hours (90 minutes)

Wellbeing is very important in the busy lives we all lead. This walk is taken at a slower pace than the other tours and focuses on visitors connecting with the tour and each other.

Through the physical activity of walking, learning of new information and being mindful of the present moment, including your; thoughts and feelings, your body and the world around you, it can positively change the way you feel.

[Notes from your guide]

There are many sides to our overall wellbeing (body, mind, spirit, people, place and planet). What this tour aims to do is to focus on taking things slow and putting into practice evidence which suggests there are 5 steps we can all take to improve our mental wellbeing:

Connect – connect with the people around you: your family, friends, colleagues and neighbours.

Be active – you don't have to go to the gym. Take a walk, go cycling or take a tour.

Keep learning – learning new skills can give you a sense of achievement and a new confidence.

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word.

Be mindful – be aware of the present, including your thoughts, feelings, body and the world.

Toilets There are public toilets at the Beaney House of Art and Knowledge.
Other public toilets around the city can be pointed out if required.

Weather Tours run in all weathers.
Please wear comfortable shoes and bring sunscreen / umbrellas.

Health and Safety

Canterbury is an ancient city with many cobbled streets in the city centre. Please be aware of uneven pavements and slippery surfaces, especially after heavy rain. The high street is pedestrianised, but vehicles and bike users still use this and other roads for access / deliveries.

1. Please note that CT Tours do not visit / include entry to the Cathedral building or precincts.
2. If there is a delay on the day, the group contact should contact CT Tours as soon as possible.
 - a. If not notified, the CT Tours guide will wait for 15 minutes only.
3. If you wish to cancel your booking, please inform CT Tours as early as possible.
 - a. Cancellation is free.
4. Please contact CT Tours any time before the date of the tour if there is a change in numbers.
 - a. If CT Tours is not notified in advance, payment will be due for the numbers booked.
5. For health and safety reasons, the maximum number CT Tours can accommodate on one tour is up to 20 guests.
6. Although photography is allowed, recording is not permitted at any time.