

FLITWICK HEALTH WALKERS

WALKING 4 HEALTH - BEDFORDSHIRE



Walk leaders - Roy Mercer, Geoff Hill, Chris Toyer, Don Blake
- Pauline Bieron & Anne Godden.



Contact Roy for Program and walk information on 01525-715730 or 07866-446131

P3

Wear suitable footwear.

Regular walkers are required to complete a health questionnaire.

Duration times approx. 1.5hrs

The miles stated are a guide only.

DATE	MEETING POINTS AND WALKS	TIME	MILES
02/05/2018	Millbrook, Staples Garden Centre Car Park Warren Woods, uneven ground, very undulating can be wet and muddy, refreshments available.	10.15am	3 miles
09/05/2018	Flitwick, Outside Barclays Bank. Flitwick moor uneven ground, could be muddy/wet.	10.15am	3 miles
16/05/2018	Silsoe, Outside Church. Across fields via footpaths, very undulating. Refreshments available.	10.15am	3 miles
23/05/2018	Houghton Conquest, Houghton House Car Park. Across fields & woods via footpaths, variable surfaces, hilly.	10.15am	4 miles
30/05/2018	Amphill Country Park, Car Park Nearest By-pass Variable surfaces, uneven ground, could be muddy, hilly.	10.15am	3 miles
06/06/2018	Maulden Woods, A6 Lay-by, Deadmans hill. **Park in lay-by only. Uneven ground, muddy in places, undulating. Refreshments available.	10.15am	3.5 miles
13/06/2018	Flitwick Cricket Club, Car Park. Paths and fields, uneven ground, could be muddy, refreshments available.	10.15am	3 miles
20/06/2018	Woburn Wood, Longslade Lane Car Park. Around woods, muddy in places, uneven ground and undulating.	10.15am	3 miles
27/06/2018	Bedford Priory Country Park, Meet in Car Park. Walk via Danish camp, hard surface, refreshments on route.	10.15am	5 miles
04/07/2018 *****	Maulden, Recreation Ground, The Brache. Amphill via paths, fields and alleyways, undulating, variable surfaces.	10.15am	4 miles
11/07/2018	Woburn, Car Park, Opposite Church. Around the estate, Uneven ground, muddy in places, very undulating.	10.15am	5 miles
18/07/2018	Milton Keynes, Caldecott Lakes, meet in Coldecott Arms car park Walk around lakes, hard surface for walking, refreshments available.	10.15am	4 miles
25/07/2018	Toddington, Village Hall Car park. Walk across fields via footpaths and dirt tracks, muddy in places, hilly.	10.15am	3 miles

***** **New program will be available**

Program 3