

FLITWICK HEALTH WALKERS

WALKING 4 HEALTH - BEDFORDSHIRE



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



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

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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
31/01/2018	Houghton Conquest, Houghton House Car Park. Across fields & woods via footpaths, variable surfaces, hilly.	10.15am	4 miles
07/02/2018	Millbrook, Staples Garden Centre Car Park Warren Woods, uneven ground, very undulating can be wet and muddy, refreshments available.	10.15am	3 miles
14/02/2018	Harlington Village Hall Car Park. Around Harlington via fields, can be wet and muddy in places, hilly.	10.15am	4 miles
21/02/2018	Woburn, Car Park, Opposite Church. Around the estate, Uneven ground, muddy in places, very undulating.	10.15am	5 miles
28/02/2018	Amptill Country Park, Car Park Nearest By-pass Variable surfaces, uneven ground, could be muddy, hilly.	10.15am	3 miles
07/03/2018	Bedford Priory Country Park, Meet in Car Park. Variable surfaces, may be muddy/wet, refreshments available.	10.15am	3 miles
14/03/2018	Flitwick, Outside Barclays Bank. Flitwick moor uneven ground, could be muddy/wet.	10.15am	3 miles
21/03/2018	Milton Keynes, Furzton Lake, Hotel / Restaurant Car Park. Around lakes via footpaths, hard surface for walking, refreshments available.	10.15am	4 miles
28/03/2018	Woburn, Car Park Opposite Church. Across fields and footpaths, variable surfaces, refreshments available.	10.15am	3 miles
04/04/2018 *****	Heath & Reach, Rushmere Park Visitors Centre, Linslade Road. Variable surfaces, uneven ground, could be muddy in places, hilly, refreshments available. Parking charges apply	10.15am	3 miles
11/04/2018	Flitwick, Outside Library. Walk via Manor park, sometimes wet in Park, refreshments on route.	10.15am	3 miles
18/04/2018	Flitwick, Leisure Centre, Car Park. Across fields to Steppingley, uneven ground can be muddy, hilly,	10.15am	3 miles
25/04/2018	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

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