

# **FLITWICK HEALTH WALKERS**

## **WALKING 4 HEALTH - BEDFORDSHIRE**



**Walk leaders - Roy Mercer, Chris Toyer, Don Blake  
- Pauline Bierton .**



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

*Programme 1*

***Wear suitable footwear. Regular walkers are required to complete a walker registration form.***

***Duration times approx. 1.5hrs***

***The miles stated are a guide only.***

<b><i>DATE</i></b>	<b><i>MEETING POINTS AND WALKS</i></b>	<b><i>TIME</i></b>	<b><i>MILES</i></b>
08/05/2019	<b>Dunstable Downs, Chilterns Gateway Centre.</b> Parking charges apply, (National Trust member's free must display card) Uneven ground and hilly, refreshments available.	10.15am	3.5 miles
15/05/2019	<b>Flitwick, Outside Library.</b> Flitwick wood, uneven surface, sometimes muddy in places.	10.15am	3 miles
22/05/2019	<b>Flitwick, Outside Library.</b> Flitwick via The Mount and Pussy pond, could be muddy in places.	10.15am	3 miles
29/05/2019	<b>Woburn Wood, Longslade Lane Car Park.</b> Around woods, muddy in places, uneven ground and undulating.	10.15am	3 miles
05/06/2019	<b>Silsoe, Outside Church.</b> Across fields via footpaths, very undulating. Refreshments available.	10.15am	3 miles
12/06/2019	<b>Marston Vale Forest Centre.</b> Hard surface for walking, a shorter walk and refreshments is available. Parking charges apply.	10.15am	<b>5 miles</b>
19/06/2019	<b>Flitwick, Outside Barclays Bank.</b> Flitwick moor uneven ground, could be muddy/wet.	10.15am	3 miles
26/06/2019	<b>Milton Keynes, Caldecott Lakes, meet in Coldecott Arms car park</b> Walk around lakes, hard surface for walking, refreshments available.	10.15am	4 miles

03/07/2019 **Woburn, Car Park Opposite Church.** 10.15am 3 miles  
Across fields and footpaths, variable surfaces, refreshments available.

10/07/2019 **Flitwick, Leisure Centre, Car Park.** 10.15am 3 miles  
\*\*\*\*\* Across fields to Steppingley, uneven ground can be muddy, hilly,

***NEW WALK***

17/07/2019 **Flitwick, Outside Barclays bank.** 10.15am 3 miles  
Walk via River Flit, across fields, uneven ground could be wet or muddy.

24/07/2019 **Maulden, Recreation Ground, The Brache.** 10.15am 4 miles  
Amphill via paths, fields and alleyways, undulating, variable surfaces.

31/07/2019 **Bedford Priory Country Park, Meet in Car Park.** 10.15am **5 miles**  
Walk via Danish camp, hard surface, refreshments on route.

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

***Programme 1***