

# FLITWICK HEALTH WALKERS

## WALKING 4 HEALTH - BEDFORDSHIRE



Walk leaders - Roy Mercer, Chris Toyer, Don Blake  
- Pauline Bieron & Catherine Billington.



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

P5

**Wear suitable footwear. Regular walkers are required to complete a health questionnaire.**

**Duration times approx. 1.5hrs**

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

<b>DATE</b>	<b>MEETING POINTS AND WALKS</b>	<b>TIME</b>	<b>MILES</b>
31/10/2018	<b>Ampthill Country Park, Car Park Nearest By-pass</b> Variable surfaces, uneven ground, could be muddy, hilly.	10.15am	3 miles
07/11/2018	<b>Toddington, Village Hall Car park.</b> Walk across fields via footpaths and dirt tracks, muddy in places, hilly.	10.15am	3 miles
14/11/2018	<b>Flitwick, Outside Library.</b> Flitwick via The Mount and Pussy pond, could be muddy in places.	10.15am	3 miles
21/11/2018	<b>Houghton Conquest, Houghton House Car Park.</b> Across fields & woods via footpaths, variable surfaces, hilly.	10.15am	4 miles
28/11/2018	<b>Woburn ,car park, opposite church.</b> Around the estate, Uneven ground, muddy in places, very undulating.	10.15am	5 miles
05/12/2018	<b>Maulden Woods, A6 Lay-by, Deadmans hill. **Park in lay-by only.</b> Uneven ground, muddy in places, undulating. Refreshments available.	10.15am	3.5 miles
12/12/2018	<b>Maulden, Recreation Ground, The Brache.</b> Nature reserve walk, variable surfaces, may be muddy in places.	10.15am	3.5 miles
19/12/2018	<b>Marston Vale Forest Centre - CHRISTMAS LUNCH 1230 to 1500hrs</b> <b>Contact Chris Toyer 07481-824980 for details.</b> <b>Hard surface for walking, a shorter walk and refreshments available.</b> <b>Parking charges apply.</b>	10.15am	<b>5 miles</b>
02/01/2019	<b>Silsoe, Outside Church.</b> Across fields via footpaths, very undulating. Refreshments available.	10.15am	3 miles
09/01/2019	<b>Bedford Priory Country Park, Meet in Car Park.</b> ***** Walk via Danish camp, hard surface, refreshments on route.	10.15am	<b>5 miles</b>
16/01/2019	<b>Woburn Wood, Longslade Lane Car Park.</b> Around woods, muddy in places, uneven ground and undulating.	10.15am	3 miles
23/01/2019	<b>Flitwick, Outside Library.</b> Flitwick wood, uneven surface, sometimes muddy in places.	10.15am	3 miles
30/01/2019	<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

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

**Program 5**