

FLITWICK HEALTH WALKERS

WALKING 4 HEALTH - BEDFORDSHIRE



Walk leaders - Roy Mercer, Chris Toyer, Don Blake
- Pauline Berton, Catherine Billington & Anne Godden.



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

P4

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
01/08/2018	Harlington Village Hall Car Park. Around Harlington via fields, can be wet and muddy in places, hilly.	10.15am	4 miles
08/08/2018	Flitwick, Leisure Centre, Car Park. Across fields to Steppingley, uneven ground can be muddy, hilly,	10.15am	3 miles
15/08/2018	Flitwick, Outside Library. Flitwick via The Mount and Pussy pond, could be muddy in places.	10.15am	3 miles
22/08/2018	Woburn, Car Park Opposite Church. Across fields and footpaths, variable surfaces, refreshments available.	10.15am	3 miles
29/08/2018	Maulden, Recreation Ground, The Brache. Nature reserve walk, variable surfaces, may be muddy in places.	10.15am	3.5 miles
05/09/2018	Dunstable Downs, Chilterns Gateway Centre. Parking charges apply, (National Trust member's free must display card) Uneven ground and hilly, refreshments available.	10.15am	3.5 miles
12/09/2018	Bedford Priory Country Park, Meet in Car Park. Variable surfaces, may be muddy/wet, refreshments available.	10.15am	3 miles
19/09/2018	Milton Keynes, Furzton Lake, Hotel / Restaurant Car Park. Around lakes via footpaths, hard surface for walking, refreshments available.	10.15am	4 miles
26/09/2018	Flitwick, Outside Library. Walk via Manor park, sometimes wet in Park, refreshments on route.	10.15am	3 miles
03/10/2018 *****	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
10/10/2018	Flitwick Cricket Club, Car Park. Paths and fields, uneven ground, could be muddy, refreshments available.	10.15am	3 miles
17/10/2018	Flitwick, Outside Library. Flitwick wood, uneven surface, sometimes muddy in places.	10.15am	3 miles
24/10/2018	Marston Vale Forest Centre. Hard surface for walking, a shorter walk and refreshments available. Parking charges apply.	10.15am	5 miles