

FLITWICK HEALTH WALKERS

WALKING 4 HEALTH - BEDFORDSHIRE

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

Contact Anne for Programme and walk information on 01525-714435

Make sure you wear suitable footwear as walks could be muddy and rough under foot.

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
2/8/17	Amphill Country Park, Car Park Nearest By-pass Variable surfaces, uneven ground, could be muddy, hilly.	10.15am	3 miles
9/8/17	Woburn Wood, Longslade Lane Car Park. Around woods, muddy in places, uneven ground and undulating.	10.15am	3 miles
16/8/17	Flitwick, Outside Library. Flitwick via The Mount and Pussy pond, could be muddy in places.	10.15am	3 miles
23/8/17	Houghton Conquest, Houghton House Car Park. Across fields & woods via footpaths, variable surfaces, hilly.	10.15am	4 miles
30/8/17	Millbrook, Staples Garden Centre Car Park Warren Woods, uneven ground, very undulating can be wet and muddy, refreshments available	10.15am	3 miles
6/9/17	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
13/9/17	Flitwick, Leisure Centre, Car Park. Across fields to Steppingley, uneven ground can be muddy, hilly.	10.15am	3 miles
20/9/17	Milton Keynes, Furzton Lake, Hotel / Restaurant Car Park. Around lakes via footpaths, hard surface for walking, refreshments available.	10.15am	4 miles
27/9/17	Bedford Priory Country Park, Meet in Car Park. Walk via Danish camp, hard surface, refreshments on route.	10.15am	5 miles
4/10/17 ****	Maulden, Recreation Ground, The Brache. Amphill via paths, fields and alleyways, undulating, variable surfaces.	10.15am	4 miles
11/10/17	Woburn, Car Park, Opposite Church. Around the estate, Uneven ground, muddy in places, very undulating.	10.15am	5 miles
18/10/17	Flitwick, Outside Library. Flitwick wood, uneven surface, sometimes muddy in places.	10.15am	3 miles
25/10/17	Marston Vale Forest Centre. Hard surface for walking, a shorter walk and refreshments available.	10.15am	5 miles

**** New programme will be available