

# Longer walks for the Wokingham health walkers

Winter 2017-18

These circular walks are intended for regular walkers who are physically fit and able to walk the distances shown. Be prepared for steep hills, rough terrain and mud. Stout walking boots and protective clothing are essential. All participants walk entirely at their own risk. Just turn up and **bring a packed lunch**. Some of the car parks have limited space, so **please share cars** whenever possible. Please note earlier starts for three of the walks

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**Sunday 29<sup>th</sup> October 2017. 10.00am – Henley** (Distance: about 9 miles. Time: 5 hours)

Waitrose car park, Henley (free on Sunday) Driving time: 20 minutes

Grid reference: SU 759 828. Explorer 171. Sat. nav. : W 0.9064; N 51.5388. Post code RG9 2DW

*A loop North of Henley including the Chiltern Way and the Oxfordshire Way. Note this walk is in Oxfordshire and there are 14 stiles. Superb views of the Chilterns.*

**Leader: Paul** (mobile phone 0759 200 4812 – on the day)

**Sunday 26<sup>th</sup> November 2017. 10.00am – Bray and Cookham** (Distance 10.5 miles. Time 5 hours)

Public car park – Hibbert Road, Bray Wick. Driving time: 20 minutes

Grid reference: SU 895 795. Explorer 160 and 172. Sat. Nav.: W 0.7125; N 51.5069

*A flat walk using part of the Thames Path and The Green Way.*

**Leader: David P** (mobile phone 07436 816936)

**Thursday 28<sup>th</sup> December 2017. 10.30am – Windsor Great Park** (Distance 9-10 miles. Time: 5 hours)

**Rangers Gate car park** Driving time: 30 minutes

Grid reference: SU 954 734. Explorer 160. Sat. nav.: W 0.6287; N 51.4519

*A walk in the park on mainly firm paths*

**Leader: Peter** (mobile phone 07802 247642)

**Sunday 28<sup>th</sup> January 2018. 10.00am - Christmas Common** (Distance 8.5 miles. Asc/desc 320m. Time about 4½ hours)

Watlington Hill NT car park. Driving time: 40 minutes.

Grid reference: SU 710 936. Explorer 171. Sat nav.: W 0.9756; N 51.6366

*Chilterns walk via Cowleaze Wood and the Wormsley Estate*

**Leader: Peter** (mobile phone 07802 247642)

**Sunday 25<sup>th</sup> February 2018. 10.30am - West Wycombe** (Distance 10 miles. Time 5 hours)

West Wycombe car park (by the former garden centre). Driving time: 30 minutes

Grid reference: SU 826 947. Explorer 172. Sat. Nav.: W 0.7974; N 51.6472

*A walk in the Wycombe area, including Hughenden Manor*

**Leader: Richard** (mobile phone 07938 573160)

**Sunday 25<sup>th</sup> March 2018. 10.30am – Russells Water** - (Distance 10½ miles. Time 5 hours)

Parking on Russells Water Common. Driving time: 35 minutes

Grid reference: SU 718 887. Explorer 171. Sat. Nav.: W 0.9649; N 51.5923

*A walk in the area to the north of the common, including Pishill.*

**Leader: David W** (mobile phone 07799 352252 )

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Maps: Ordnance Survey Explorer 1:25000

Sat. nav. co-ordinates: Degrees and decimals.

Driving times: from Woodley, per AA route planner. Further location details will be published on

[www.healthwalks.org.uk](http://www.healthwalks.org.uk) before each walk.