

Longer walks for the Wokingham health walkers

Summer 2017

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. All walks start at 10.30am sharp.

Sunday 30th April 2017 – Christmas Common (Distance : 10 miles. Time: 5-6 hours)

Watlington Hill N.T. car park. Driving time: 40 minutes.

Grid reference: SU 710 936. Explorer 171. Sat. Nav.: W 0.9757; E 51.6365 Postcode: OX49 5HS.

Pishill and bluebells (?)

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

Sunday 28th May 2017 – Theale (Distance: 10.5 miles. Time: 5 hours)

Theale. Canal car park. Driving time: 25 minutes

Grid reference: SU 649 706. Explorer 159. Sat. nav. : W: 1.0685; E 51.4302

Kennet Valley and canal path.

Leader: David P (mobile phone 07436 816936)

Sunday 25th June 2017 – Warfield (Distance: 10.5 miles. Time 5 hours)

Frost Folly Country Park car park. Driving time: 20 minutes

Grid reference: SU 873 726. Explorer 160. Sat. nav.: W 0.7451; N51.4455

Leader: Richard (mobile phone 07938 573160)

Sunday 30th July 2017 – North Chilterns (Distance: 10 miles. Ascent/descent 377m. 1240Ft. Time: 5½ hours)

Whiteleaf car park. Driving time: 50 minutes.

Grid reference: SP 823 036. Explorer 181. Sat. nav.: W: 0.8102; N: 51.7250.

A hilly walk via Ridgeway to Coombe Hill, the highest point in the Chilterns

Leader: Peter (mobile phone 07802 247642)

Sunday 27th August 2017 – South Chilterns (Distance 10.5 miles. Time about 5 hours)

Woodcote village car park. Driving time: 30 minutes.

Grid ref SU 645 821. Explorer 171. Sat nav.: W: 1.0702; N: 51.5338

Post code: RG8 0SD

Blackbird's Bottom, Whitchurch Hill

Leader: David W (mobile phone 07799 352252)

Sunday 24th September 2017 – Watership Down (Distance: 9½ miles. Ascent/descent 290m. 950ft. Time 5 hours)

White Hill car park, Kingsclere. Driving time: 45 minutes.

Grid reference: SU 516 565. Explorer. Sat nav.: W: 1.2612; N: 51.3054

Walk via Kingsclere, Echinswell, Sydmonton and Watership Down

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

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 before each walk.