

# Longer walks for the Wokingham health walkers

Winter 2018-19

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. Walks start promptly at either **10.00am** or **10.30am** (see details below)

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**Sunday 28<sup>th</sup> October 2018. 10.00am – Burnham Beeches** (Distance: 10 miles. Time: 5 hours. Asc/desc. 200m.)

Wooburn car park. Driving time: 35 minutes

Grid reference: SU 911 878. Explorer 172. Sat. nav.: W 0.6873; N 51.5817

*A mostly woodland walk in Burnham Beeches and Egypt Woods*

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

**Sunday 25<sup>th</sup> November 2018. 10.00am – Pang Valley** (Distance :9.5 miles. Time 5 hours)

Pangbourne main car park. Driving time: 25-30 minutes

Grid reference: SU 634 765. Explorer 159. Sat. Nav.: W 1.0882; N 51.4842

*After walking alongside the Thames, we have a country walk around the Pang valley and Sulham woods.*

**Leader: David P** (mobile phone 07436 811 6936)

**Saturday 29<sup>th</sup> December 2018. 10.30am – Windsor Great Park** (Distance: about 10 miles. Time: 5 hours)

Rangers Gate car park. Driving time: 30 minutes

Grid reference: SU 954 734. Explorer 160. Sat. nav.: W 0.6288; N 51.4519

*A walk in the park on mainly firm paths*

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

**Sunday 27<sup>th</sup> January 2019. 10.00 – Loddon Valley** (Distance 8-9 miles. Time about 5 hours)

East Park Farm car park, Charvil. Driving time: 10 minutes.

Grid reference: SU 777 753. Explorer 159. Sat nav.: W 0.8830 N 51.4712

*A woodland and countryside walk along the River Loddon*

**Leader: Roger**

**Sunday 24<sup>th</sup> February 2019. 10.30am - Amersham** (Distance : about 10 miles. Time 5 hours. Asc/desc 180m.)

Amersham Old Town car park. Driving time: 45 minutes

Grid reference: SU 960 973 Explorer 172. Sat. Nav.: W 0.6134; N 51.6662

*Chiltern Way, Penn Wood, Little Missenden and South Bucks Way*

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

**Sunday 31<sup>st</sup> March 2019. 10.30am – Lambourn Valley**- (Distance 9 miles. Time 5 hours)

Snelsmore Common Country Park car park. Driving time: 40 minutes

Grid reference: SU 463 710 Explorer 158. Sat. Nav.: W 1.3339; N 51.4362.

*Donnington Castle and two delightful villages in the Lambourn valley*

**Leader: Paul** (mobile phone 07592 004812 – on the day)

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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.