

Longer walks for the Wokingham health walkers

Summer 2018

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 promptly at **10.30am**.

Sunday 29th April 2018 – Greys Court and Shepherds Green (Distance: about 10 miles. Time: 5-6 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 country and woodland walk (with bluebells?)

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

Sunday 27th May 2018 – Thatcham area (Distance :9.5 miles. Time 5-6 hours)

Car park at Crookham Hill, Thatcham. Driving time: 40 minutes

Grid reference: SU 523 646. Explorer 158. Sat. Nav.: W 1.2488; N 51.3778

A walk incorporating Greenham Common (former US Airforce base), Kennet and Avon canal, Newbury racecourse and the Nature Discovery Centre

Leader: David P (mobile phone 07436 811 6936)

Sunday 24th June 2018 – Our local countryside (Distance: 10.5 miles. Ascent/descent: 153m. 500ft. Time: 5 hours)

Simons Wood NT car park Driving time: 25 minutes

Grid reference: SU 813 636. Explorer 159. Sat. nav.: W 0.8335; N 51.3653

Finchampstead Ridges, Blackwater River, California Country Park

Leader: Peter (mobile phone 07802 247642)

Sunday 29th July 2018 – Thames and countryside (Distance 11 miles. Time about 5½ hours)

Mill End car park. Driving time: 40 minutes.

Grid reference: SU 785 855. Explorer 171. Sat nav.: W 0.8687; N 51.5626

Aston and a loop south of the Thames

Leader: Richard (mobile phone 07938 573160)

Sunday 26th August 2018 - Odiham (Distance : about 10 miles. Time 5 hours)

Odiham Health Centre car park. Driving time: 40 minutes

Grid reference: SU 740 512. Explorer 172. Sat. Nav.: W 0.9404; N 51.2554

A fairly level walk in North Hampshire around Greywell and Mapledurwell

Leader: David W (mobile phone 07799 352252)

Sunday 30th September 2018 – Wallingford - (Distance 10 miles. Ascent/descent: 193m. 633ft. Time 5 hours)

Wallingford riverside car park.

Grid reference: SU 611 894. Explorer 170. Sat. Nav.: W 1.1188; N 51.6009.

Wittenham Clumps via Brightwell-cum-Sotwell

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.