

Longer walks for the Wokingham health walkers

Summer 2019

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 **10.30am** (except June – **10.00am**)

Sunday 28th April 2019. 10.30am – Tartary & Badgemore (Distance: 8.5 miles. Time: 4½ hours. Asc/desc. 222m.)

Waitrose car park, Henley. Driving time: **20** minutes

Grid reference: SU 759 828. Explorer 171. Sat. nav.: W 0.9064; N 51.5389

Open views and bluebell woods

Leader: Peter (mobile phone 07802 247642)

Sunday 26th May 2018. 10.30am – Maidenhead (Distance :9.0 miles. Time 5 hours)

Butterfly Trail NT car park. Driving time: **20** minutes

Grid reference: SU 858 809. Explorer 160 and 172. Sat. Nav.: W 0.7653; N 51.5209

An easy walk via the Walthams, Knowl Hill, Ashley Hill and Burchett's Green.

Leader: David P (mobile phone 07436 811 6936)

Sunday 30th June 2019. 10.00am – Dogmersfield (Distance: about 10.5 miles. Time: 5 hours)

Barley Mow Slipway car park (not the pub car park). Driving time: **35** minutes

Grid reference: SU 778 538. Explorer 144. Sat. nav.: W 0.8862; N 51.2777

An easy country and canal-side walk via Odiham.

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

Sunday 28th July 2019. 10.30 – Swinley Forest (Distance: 9 miles. Time about 5 hours)

South Road car park, Bracknell. Driving time: **15** minutes.

Grid reference: SU 852 663. Explorer 160. Sat nav.: W 0.7778; N 51.3892

A wander through the quiet corners of the forest, Bagshot Heath and Old Dean Common

Leader: David W (mobile phone 07514 032622)

Sunday 1st September 2019. 10.30am –Bourne End (Distance : about 10.5 miles. Time 5 hours)

Spade Oak car park, Bourne End. Driving time: **25** minutes

Grid reference: SU 884 875 Explorer 172. Sat. Nav.: W 0.7261; N 51.5798

Little Marlow, Marlow Bottom, Bovington Green and the Thames Path

Leader: Richard (mobile phone 07938 573160)

Sunday 29th September 2019. 10.30am – Ashampstead - (Dist. 10 miles. Time 5 hours. Asc/desc: am 117m. pm 54m)

Casey Fields farm shop , Dog Lane. Driving time: **35** minutes

Grid reference: SU 560 766 Explorer 159. Sat. Nav.: W 1.1951; N 51.4853.

Big skys & Christmas trees.

A two-part walk – morning 6 miles, afternoon 4 miles. Both parts start and finish at the farm shop.

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.