

**HEALTH WALKS TIMETABLE – Monday 30<sup>th</sup> September – Friday 20<sup>th</sup> December 2019  
AND  
Monday 6<sup>th</sup> January – Thursday 9<sup>th</sup> April 2020**

**GRADES ARE: A – STEEP HILLS AND STILES**

**B – MODERATE HILLS AND/OR STILES**

**C – GENTLE HILLS, NO STILES**

**GR = GRID REFERENCE**

DAY	TIME	MEETING PLACE	GRADE & TIME	DISTANCE
<b>MONDAY</b>	10.00am	Millennium Field, Sonning Common <b>For whole period</b>	GR 713794 First Steps Flat, circular, easy walk round field	0.6 - 1.8 miles
	11.30am	<b>From 30 September – 16 December</b> Springwater Church, Blounts Court Road, Sonning Common (Route 1)	GR 708809 B - 30 - 50 minutes	2.5 miles
		<b>From 6 January – 6 April</b> Springwater Church, Blounts Court Road, Sonning Common (Route 2)	GR 708809 B - 30 - 50 minutes	2.5 miles
<b>TUESDAY</b>	10.00am	<b>From 1 October – 17 December</b> Peppard Cricket Club, Stoke Row Road	GR 701813 C - 30 - 50 minutes	1.75 miles
	10.00am	<b>From 7 January – 7 April</b> Kingwood Common	GR 695822 C - 30 - 50 minutes	1.75 miles
<b>WEDNESDAY</b>  *****  <b>Evening walk</b>	2.00 pm	<b>From 2 October – 18 December</b> The Herb Farm, Sonning Common	GR 712798 B - 45 - 60 minutes	3 - 3.5 miles
		<b>From 8 January – 8 April</b> Rocky Lane, rear entrance to Greys Court	GR 723882 B - 45 - 60 minutes	3 - 3.5 miles
	7.00 pm	<b>For whole period</b> No evening walk currently		
<b>THURSDAY</b>	10.00 am	<b>From 3 October – 7 November</b> The Hamlet Cricket Club, Gallowstree Common	GR 689802 B - 40 - 60 minutes	2.5 miles
		<b>From 14 November – 19 December</b> Greys Court Car Park, main entrance	GR 726833 B - 40 - 60 minutes	2.5 miles
		<b>From 9 January – 20 February</b> Peppard Cricket Club, Stoke Row Road	GR 701813 B - 40 - 60 minutes	2.5 miles
		<b>From 27 February – 9 April</b> The Herb Farm, Sonning Common	GR 712798 B - 40 - 60 minutes	2.5 miles
<b>FRIDAY</b>	9.30 am	<b>From 4 October – 20 December</b> Kingwood Common	GR 695822 A - 55 - 75 minutes	3.5 - 4 miles
		<b>From 10 January – 3 April</b> Shiplake Scout Hut, Shiplake Road, Shiplake	GR 757786 A - 55 - 75 minutes	3.5 - 4 miles
<b>SATURDAY</b>	9.30 am	<b>For whole period</b> Sonning Common Health Centre car park, Wood Lane	GR 707802 A - 60 - 90 minutes	4 - 5 miles
	2.00 pm	<b>For whole period</b> Sonning Common Health Centre car park, Wood Lane	GR 707802 B - 45 - 70 minutes	2.5 - 3.5 miles
<b>SUNDAY</b>	10.00 am	<b>From 6 October – 15 December</b> Peppard Cross Roads, Stoke Row Road	GR 704813 B - 45 - 60 minutes	2.5 - 3 miles
	10.00 am	<b>From 12 January – 5 April</b> Red Lion Pub on Peppard Common	GR 709818 B - 45 - 60 minutes	2.5 - 3 miles

**NOTE:**

**THERE ARE NO WALKS ON BANK HOLIDAYS, PLEASE CHECK ABOUT SATURDAY AND SUNDAY WALKS ON BANK HOLIDAY WEEKEND**