

HEALTH WALKS TIMETABLE – Tuesday 23rd April – Sunday 29th September 2019

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
MONDAY	10.00am	Millennium Field, Sonning Common For whole period	GR 713794 First Steps Flat, circular, easy walk round field	0.6 - 1.8 miles
	11.30am	From 29 April – 8 July The Herb Farm, Sonning Common (Route 1)	GR 712798 B - 30 - 50 minutes	2.5 miles
		From 15 July – 23 September The Herb Farm, Sonning Common (Route 2)	GR 712798 B - 30 - 50 minutes	2.5 miles
TUESDAY	10.00am	From 23 April – 9 July Kingwood Common (Route 1)	GR 695822 C - 30 - 50 minutes	1.75 miles
	10.00am	From 16 July – 24 September Kingwood Common (Route 2)	GR 695822 C - 30 - 50 minutes	1.75 miles
WEDNESDAY *****	2.00 pm	From 24 April – 10 July Peppard Cross Roads, Stoke Row Road	GR 704813 B - 45 - 60 minutes	3 - 3.5 miles
		From 17 July – 25 September All Saints Church, Peppard	GR 713815 B - 45 - 60 minutes	3 - 3.5 miles
Evening walk	7.00 pm	For whole period No evening walk currently		
THURSDAY	10.00 am	From 25 April – 23 May Greys Court Car Park, Main Entrance	GR 726833 B - 40 - 60 minutes	2.5 miles
		From 30 May – 11 July The Herb Farm, Sonning Common	GR 712798 B - 40 - 60 minutes	2.5 miles
		From 18 July – 15 August All Saints Church, Peppard	GR 713815 B - 40 - 60 minutes	2.5 miles
		From 22 August – 26 September Peppard Cricket Club, Stoke Row Road	GR 701813 B - 40 - 60 minutes	2.5 miles
FRIDAY	9.30 am	From 26 April – 12 July All Saints Church, Peppard	GR 713815 A - 55 - 75 minutes	3.5 - 4 miles
		From 19 July – 27 September The Hamlet Cricket Club, Gallowstree Common	GR 689802 A - 55 - 75 minutes	3.5 - 4 miles
SATURDAY	9.30 am	For whole period Rocky Lane, rear entrance to Greys Court	GR 723882 A - 60 - 90 minutes	4 - 5 miles
	2.00 pm	For whole period Peppard School, Peppard Common	GR 710816 B - 45 - 70 minutes	2.5 - 3.5 miles
SUNDAY	10.00 am	From 28 April – 14 July Kingwood Common	GR 695822 B - 45 - 60 minutes	2.5 - 3 miles
	10.00 am	From 21 July – 29 September Sonning Common Health Centre car park, Wood Lane	GR 707802 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 WEEKENDS

