

**HEALTH WALKS TIMETABLE – Monday 2nd October - Friday 15th December 2017
AND
Wednesday 3rd January – Thursday 29th March 2018**

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 2 October – 11 December The Herb Farm, Sonning Common (Route 1)	GR 712798 B - 30 - 50 minutes	2.5 miles
		From 8 January – 26 March The Herb Farm, Sonning Common (Route 2)	GR 712798 B - 30 - 50 minutes	2.5 miles
TUESDAY	10.00am	From 3 October – 12 December Peppard Cricket Club, Stoke Row Road	GR 701813 C - 30 - 50 minutes	1.75 miles
	10.00am	From 9 January – 27 March The Red Lion Pub on Peppard Common	GR 709818 C - 30 - 50 minutes	1.75 miles
WEDNESDAY ***** Evening walk	2.00 pm	From 4 October – 13 December All Saints Church, Peppard	GR 713815 B - 45 - 60 minutes	3 - 3.5 miles
		From 3 January – 28 March The Herb Farm, Sonning Common	GR 712798 B - 45 - 60 minutes	3 - 3.5 miles
	7.00 pm	For whole period No evening walk currently		
THURSDAY	10.00 am	From 5 October – 9 November Greys Court Car Park, Main Entrance	GR 726833 B - 40 - 60 minutes	2.5 miles
		From 16 November – 14 December Peppard Memorial Hall, Gallowstree Road	GR 702812 B - 40 - 60 minutes	2.5 miles
		From 4 January – 8 February All Saints Church, Peppard	GR 713815 B - 40 - 60 minutes	2.5 miles
		From 15 February – 29 March The Herb Farm, Sonning Common	GR 712798 B - 40 - 60 minutes	2.5 miles
FRIDAY	9.30 am	From 6 October – 15 December Mapledurham Playing Fields, Upper Woodcote Road	GR 699758 A - 55 - 75 minutes	3.5 - 4 miles
		From 5 January – 23 March All Saints Church, Peppard	GR 713815 A - 55 - 75 minutes	3.5 - 4 miles
SATURDAY	9.30 am	For whole period Sonning Common Health Centre car park, Wood Lane	GR 707802 A - 60 - 90 minutes	4 - 5 miles
	2.00 pm	For whole period Sonning Common Health Centre car park, Wood Lane	GR 707802 B - 45 - 70 minutes	2.5 - 3.5 miles
SUNDAY	10.00 am	From 8 October – 10 December Sonning Common Health Centre car park, Wood Lane	GR 707802 B - 45 - 60 minutes	2.5 - 3 miles
	10.00 am	From 7 January – 25 March The 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