

Simply Walk.....



...your way to better health

January, February & March 2010

(next programme issued April 2010)

"in the bleak mid winter"... keep moving!

Ward off those winter chills with Simply Walk

Improve your health and meet new friends -

It's simple, easy and free!

All the walks in this leaflet are graded (see below), and led by trained volunteer leaders and backmarkers - so don't worry about being left behind!

Key to walks



= up to 1hr. No stiles or steep gradients



= 1-1½ hrs. Occasional stile and gradient



= 1½ hrs plus. Occasional stile and usually gradients

Shorter options are offered where possible



= Refreshments available after the walk

All walks are every week unless specific dates are shown

CHILTERN AREA



Holmer Green - Monday - 10.30am - 2 walks

Meet at the Baptist Church in Holmer Green.



Amersham - Tuesday - 10.30am

Meet outside Tesco's (near cash machines)



Great Missenden- Tuesday - 10.00am

5 & 19 January, 2 & 16 February, 2 & 16 March

Meet at the memorial Hall (behind the Library)



Chesham - Tuesday - 9.00am

Meet at Hivings Free Church car park, off Hivings Hill, Pond Park,



Chalfont St Giles - Wednesday - 10.00am

Meet on the village green



Chesham - Thursday - 10.30am - 2 walks

Meet at the Car Park, Moor Road.



Chalfont St Peter - Friday - 10.30am

Meet at the CSP Community Centre



Beaconsfield - Sunday - 11.00am

31 Jan, 28 Feb & 28 March

Chiltern Woodland Burial Park, Potkilm Lane, Beaconsfield



SOUTH BUCKS AREA

2

Langley Park - Monday - 10.00am
Meet in Car Park (£2 car park fee)
Stile-free



3

Dorney/Taplow - Tuesday - 2.00pm
19 January, 16 February, 16 March
Meeting point varies. Tel. 01628 661441 for details



1

Burnham - Wednesday - 10.00am
6 January, 3 February, 3 March
Meet in Community Room, Burnham Health Centre,
Minnicroft Road, Half hour walk.



2

Black Park - Wexham - Thursday - 10.00am
Meet in Car Park (£2 car park fee). **Stile-free**



1

Burnham - Friday - 10.00am
Meet at Cornerstone, St Peters' Church, Church St



2

Denham - Sunday - 11.00am
Meet on Denham Village Green, Village Rd
3 January, 7 February & 7 March

2

Langley park - Sunday - 11.00am - 1½ hrs
Meet in Car Park (£2 car park fee)
10 January, 14 February & 14 March



1

Burnham Beeches - Sunday - 2.30pm
17 January, 21 February, 21 March
Meet by café, Victory Cross, Lord Mayors Drive,



BUGGY WALKS

Stoke Poges - alternate Tuesdays from 12 January
Meet 0945 at St Andrews Centre, Stoke Poges. SL2 4LN
(Call 07771 908424 for more information)

Iver - starts 22nd April. (Call 07771 844174 for
information)

Burnham - restarts April

WYCOMBE AREA

2

Downley Common - Monday - 10.00am
Meet Old School Community Centre, School Close,
4 Jan, 1 Feb & 1 Mar.



3

Loudwater - Monday - 10.00am
Meet at Budgens Car Park
11 & 25 Jan, 8 & 22 Feb, 8 & 22 March



3

2

Lane End - Monday - 10.00am
Meet Lane End Playing Fields' Car Park, Park Lane



3

Booker - Tuesday - 10.00am
Meet at Booker Common Memorial Hall

2

Marlow - Tuesday 10.00am
Meet outside Court Gardens Leisure Centre,
Pound Lane,



1

Princes Risborough - Wednesday - 1.30pm
Meet outside adult centre in Clifford Road
Car parking on the road.



****NEW WALK****



**Hambleden - starts January 27th
Wednesday - 10.30am**

Meet in car park behind Stag & Huntsman pub
27 Jan. 10 & 24 Feb, 10 & 24 March



The Rye - Wednesday - 2.00pm

Meet at the Environment Centre on The Rye



Lane End - Thursday - 10.00am- 2 walks

Meet Lane End Playing Fields' Car Park, Park Lane



Stokenchurch - Thursday - 10.00am - 2 walks:

Meet at Methodist Church
Every week ex. 21 & 28 Jan, 4 & 11 March



plus

Shorter walk on 4 & 18 Feb, & 4 & 18 March



Micklefield - Friday 10.30am

Meet at Community Centre, Centre Approach,
NO walks on January 22 or 29

AYLESBURY VALE AREA



Walton Court - Tuesday - 12.00pm

Meet at Healthy Living Centre, Hannon Road



Wendover - Tuesday - 10.00am

Meet outside the Clock Tower, High St.



Bedgrove - Tuesday - 12.00pm

Meet outside Budgens, Jansel Square.
Suitable for buggies



****NEW WALK****



Haddenham - starts January 6th

Wednesday - 10.30am

6 & 20 Jan. 3 & 17 Feb. 3, 17 & 31 March
Meet in the Library Car Park, Churchway



Wendover Woods - Thursday - 11.00am

7 January, 4 February & 4 March

Meet at café in main car park (car parking £3.00)



Bedgrove - Friday - 11.00am

Meet outside Budgens, Jansel Square.

1, 15 & 29 Jan. 12 & 26 Feb, 12 & 26 March



Buckingham - Friday - 11.00am

and



Sunday (dates to be confirmed)

Both Walks meet at Cornwall's Meadow Car Park
outside Waitrose



BUGGY WALKS

Cressex (Wycombe Abbey Children's Centre)

Call Emily 07717 693270

Castlefield - Sure Start Centre, Rutland Avenue

Call 01494 475475

BUGGY WALKS

Elmhurst - Friday 2.30-4pm

Meet at Elmhurst Children's Centre



More Buggy walks to start - please phone for details



Sunday Striders

Rural walks with a pub lunch!

For dates and information,
please visit our website.

Volunteers needed
- full training provided.

For more information please contact:

Simply Walk on 01494 475367

email: simplywalks@buckscc.gov.uk

Website: www.buckscc.gov.uk/simplywalk



Simply Walk is a Walking the way to Health
Accredited Scheme.

Information for walkers

Do I need to book?

No, just turn up, ready to depart on time and you'll be welcome. If it is your first walk, please allow extra time to register with the walk leader.

What to wear / take with me?

Wear suitable footwear. (on rural walks paths may be muddy). Waterproof/sunscreen/hat (depending on weather). Take drinking water and walking stick if you use one, plus any medication you need.

Dogs?

Well behaved dogs on regular (not extendable) leads are permitted (providing no other walker objects).

NB. All dog owners must pick up their dogs' mess.

No car? No excuse! For travel information and journey planning call Traveline on 0871 200 22 33. Calls cost 10p a minute from

landlines. <http://www.buckscc.gov.uk/travelinfo>

