

Simply Walk.....



...your way to better health

Spring & Summer 2010

(Autumn/Winter programme out in October 2010)

*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 otherwise shown

CHILTERN AREA




Holmer Green - Monday - 10.30am - 2 walks 
Meet 10.15am the Baptist Church in Holmer Green.



Amersham - Tuesday - 10.30am
Meet outside Tesco's (right of cash machines)



Great Missenden- Tuesday - 10.00am 
1st & 3rd Tuesday of every month
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 
Last Sunday of every month
Chiltern Woodland Burial Park, Potkiln Lane,
Beaconsfield



SOUTH BUCKS AREA


 **Langley Park - Monday - 10.00am**
Meet in Car Park (£2.50 car park fee). Stile-free 



 **Dorney/Taplow - 3rd Tuesday of month - 2.00pm**
Meeting point varies. Tel. 01628 66144 for details 



 **Burnham - 1st Wednesday of month - 10.00am**
Meet in Community Room, Burnham Health Centre,
Minnicroft Road, Half hour introductory walk. 

 **Black Park - Wexham - Thursday - 10.00am**
Meet in Car Park (£2.50 car park fee). Stile free 

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

 **Denham - Sunday - 11.00am**
Meet on Denham Village Green, Village Rd
1st Sunday of every month

 **Langley park - Sunday - 11.00am - 1½ hrs**
Meet in Car Park (£2.50 car park fee) 
2nd Sunday of every month

 **Burnham Beeches - 3rd Sunday of month 2.30pm**
Meet by café, Victory Cross, Lord Mayors Drive, 

See also:- Slough Healthy Walks - Dorney Area
Tel: 01753 875566 Slough Parks Dept.




BUGGY WALKS


Stoke Poges - alternate Tuesdays - 9.45pm
St Andrews Centre, Stoke Poges. SL2 4LN (Call 07771
908424 for more information)



Iver - starts 22nd April 0930 Iver Childrens' Centre
(Call 07771 844174 for information)


Burnham - starts Tuesday 20th April - 10.00am
Burnham Childrens' Centre. Call 01628 665380 for more
information

WYCOMBE AREA



 **Downley Common - Monday - 10.00am** 
Also longer walk on 1st Monday of every month
 Both walks meet Old School Community Centre,
School Close,

 **Loudwater - Monday - 10.00am** 
Meet at Budgens Car Park

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

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

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

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



Hambleton - Wednesday - 10.30am
Meet in car park behind Stag & Huntsman pub



The Rye - Wednesday - 2.00pm
Meet outside the Environment Centre on The Rye



Lane End - Thursday - 10.00am- 2 walks
Meet Lane End Playing Fields' Car Park, Park Lane



Loudwater - Thursday - 10.30am
Meets alternate weeks at Kingsmead Road car park or Budgens car park Flackwell Heath.
Call 01494 475367 to check meeting place.



Stokenchurch - Thursday - 10.00am
Meet at Methodist Church
plus shorter walk on 1st and 3rd Thursday of the month, starting same time and place



Micklefield - Friday 10.30am
Meet at Community Centre, Centre Approach,

BUGGY WALKS

Cressex (Wycombe Abbey Children's Centre)
Call Emily 07717 693270

Castlefield - Sure Start Centre, Rutland Avenue
Call 01494 475475

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* Slower walk also offered**



Haddenham - alternate Wednesdays - 10.30am
Every two weeks from 14 April
Meet in the Library Car Park, Churchway



****NEW WALK** starts 21st April 2010**



Waddesdon - every Wednesday - 10.00am
Meet outside the Waddesdon Village Hall, High St



Wendover Woods - Thursday - 11.00am
1st Thursday of every month
Meet at café in main car park (car parking £3.00)



Bedgrove - Friday - Every two weeks from 9 April
11.00am -Meet outside Budgens, Jansel Square.



Buckingham - Friday - 11.00am
and



Sunday (dates to be confirmed)
Both Walks meet at Cornwall's Meadow Car Park outside Waitrose

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 see website or call for more details



Summer Evening Walks

Monday 21 June - Chalfont St Giles.

6.45pm - The Ivy House Pub. HP8 4RS

Wednesday 21 July - Marlow

Meet 6.30pm - Court Gardens Leisure Complex, Pound Lane, SL7 2AE

Please see website or call for more details



*Volunteer Walk leaders and back markers
always needed!*

For more information please contact:

Simply Walk on 01494 475367

email: simplywalks@buckscc.gov.uk Website:

www.buckscc.gov.uk/simplywalk



Simply Walk has achieved accreditation
with Walking the Way to Health - 3rd year running!

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>



Chiltern
District Council



Buckinghamshire



South Bucks
District Council

