

Simply Walk

...your way to better health



Health Walks in Buckinghamshire

1 April 2012 – 30 September 2012



visit: www.reactivatebucks.org

Give it a go...

Walking is a fantastic way to get out and about, meet new people, keep fit and help the environment! In Buckinghamshire there is lots of stunning countryside waiting to be explored so read on and take your first step to getting and staying active.

Volunteer led walks run throughout the year and with over 500 walkers joining us every week on approximately 50 walks across the county, there's something for everyone.

For more information about the scheme or walking in Buckinghamshire, please contact Fiona Broadbent, Simply Walk Co-ordinator on 01494 475367 or e-mail simplywalks@buckscc.gov.uk

Benefits of walking:

- Makes you feel good
- Gives you more energy
- Reduces stress and helps you sleep better
- Reduces risk of heart disease
- Helps reduce blood pressure
- Helps you manage your weight

Cover photograph of Simply Walkers by John Cano-Lopez

All new walkers are welcome to the scheme whether you are currently fit and active, or haven't exercised in a long time. The walks are designed to allow you to walk at your own pace, to increase your heart rate and improve your health and fitness.

All walks are free and led by qualified volunteer walk leaders and backmarkers – so don't worry about getting left behind. They are there to help and will try to answer any questions you may have.

It couldn't be easier to get started. There is no need to book, all you need to do is choose your walk location and level. Then turn up 15 minutes before your first walk to register with the walk leader.


Funding for Simply Walk


Our funding comes from a number of partners including Buckinghamshire County Council, local district councils and the NHS, but it is insufficient to cover the full running costs and are never guaranteed year after year. Therefore we need more funding or may cease to exist. This would be very sad and result in a huge loss in terms of health, companionship and community spirit for everyone involved.


What you can do to help


Judging by the fabulous feedback we receive from you we know how much you value your walks with us, and from a recent survey of 150 random walkers, we also know that most of you would be happy to pay a small voluntary donation when you walk with us. The problem is, we cannot collect cash on the walks, as there are just too many walks and leaders to centralise it. Therefore, if you feel able, please consider giving a donation using the form overleaf, or online at www.buckscc.gov.uk/simplywalk Thank you.


Key to Walks

 Get started with our **First Footers** walks over flat ground, up to a maximum of 45 minutes. No stiles

 **Yellow walks** last 30-60 minutes. Occasional stile and gradient.

 **Orange walks** last 60-90 minutes. Occasional stile and gradients.

 **Red walks** last 90 minutes plus. Occasional stile and usually gradients.

 Refreshments available nearby

 Parking charges apply

Monday

All walks are weekly, unless otherwise stated

Chiltern

Holmer Green (3 walks)

10.15am. Meet the Baptist Church in Holmer Green, HP15 6TB



South Bucks

Langley Park (2 walks)

10.00am. Meet in Car Park, SLO 0LT



Wycombe

Downley Common

10.00am. Meet Old School Community Centre, School Close, HP13 5TR



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First Monday of every month.

Take place on: 2 April, 7 May, 4 June, 2 July, 6 Aug and 3 Sept.

Flackwell Heath

10.00am. Meet at Budgens Car Park, HP10 9NB



Lane End

10.00am. Meet Lane End Playing Fields' Car Park, The Row, HP14 3



Donation Form

Please make your cheque payable to Buckinghamshire County Council with: **Simply Walk LPRW 256 Cost Code 932636** clearly written on the back.

Please post it to: Fiona Broadbent – Simply Walk Coordinator, Buckinghamshire County Council, Wycombe Area Office, Easton Street, High Wycombe, Buckinghamshire, HP11 1NH.

Please find enclosed my donation of:

£ Name (optional):

Address (optional):

Your help will be greatly appreciated, and rest assured it will be paid into the Simply Walk account within Buckinghamshire County Council.



We suggest you wear suitable clothing and footwear, as some rural walks may be muddy. Well behaved dogs on non-extendable leads are permitted (providing no other walker objects.)

Tuesday

Aylesbury Vale

Walton Court

11.00am. Meet at the Healthy Living Centre, Hannon Road, HP21 8TJ



Wendover

10.00am. Meet outside the Clock Tower, High St. HP22 6DX



Bedgrove (2 walks)

12.00pm. Meet outside Budgens, Jansel Square, HP21 7ET



Chiltern

Amersham

10.30am. Meet outside Tesco's (right of cash machines), HP7 oHA



Great Missenden

10.00am. Meet at the Memorial Hall, HP19 9HH



Chesham

9.00am. Meet at Hivings Free Church car park, HP5 2DB



South Bucks

Dorney/Taplow

2.00pm. Meeting point varies. Please call 01628 661441 for details.

Third Tuesday of every month

Take place on: 17 April, 15 May, 19 June, 17 July, 21 August and 18 September.



Denham Garden Village

3.00pm. Meet in the Winter Garden, Denham Garden Village, UB9



Gerrards Cross

10.30am. Meet outside the Memorial Centre, 8 East Common Road, SL8 7AD



Wycombe

Booker

10.00am. Meet at Judo Centre, Barry Close, HP12 4UE



Marlow (2 walks)

10.00am. Meet outside Court Gardens Leisure Centre, Pound Lane, SL7 2AE



Wednesday

Aylesbury Vale

Haddenham

10.30am. Meet in the Library Car Park, Churchway, HP17 8EE



Alternate Wednesdays from 13 April:

Takes place on: 11 & 25 April, 19 & 23 May, 6 & 20 June, 14 & 18 July, 1, 15 & 29 August and 12 & 26 September

Chiltern

Chalfont St Giles

10.00am. Meet on the village green, HP8 4QF



South Bucks

Burnham

10.00am. Meet at Burnham Park Centre, Windsor Lane, Burnham, SL1 7HR

First Wednesday of every month

Takes place on: 4 April, 2 May, 6 June, 4 July, 1 August and 5 September.



Burnham Beeches

11.00am. Meet at the Café and Information Point on Lord Mayors Drive, Burnham Beeches. SL2 3TE

2nd Wednesday of the month.

Takes place on: 11 April, 9 May, 13 June, 11 July, 8 August, 12 September.



Wycombe

Princes Risborough

1.30pm. Meet at Princes Risborough Day Centre, Clifford Road, HP27 oDP.



Hambleden

10.30am. Meet in car park behind Stag & Huntsman pub, RG9 6RP



The Rye

2.00pm. Meet outside the Environment Centre on The Rye, HP11 1QX



Thursday

Aylesbury Vale

Wendover Woods

11.00am. Meet at café in main car park, HP22 5NQ



First Thursday of every month

Takes place on: 5 April, 3 May, 7 June, 5 July, 2 August and 6 September.

Chiltern

Chesham (2 walks)

10.30am. Meet at the Car Park, Moor Road, HP5 1SE



South Bucks

Black Park, Wexham

10.00am. Meet in Car Park, SL3 6DR



Wycombe

Lane End (2 walks)

10.00am. Meet Lane End Playing Fields' Car Park, The Row, HP14 3.
The red walk is up to 6 miles/2hrs plus, over rural terrain.



Loudwater

10.30am Meet at Kingsmead Recreation Ground Car Park, on Kingsmead Road, Loudwater, HP11 1JQ



Alternate Thursdays

Takes place on: 5 & 19 April, 3, 17 & 31 May, 14 & 28 June, 12 & 26 July, 9 & 23 August and 6 & 20 September.

Flackwell Heath

10.30am Meet at Budgens Car Park, Flackwell Heath, HP10 9NB



Alternate Thursdays

Takes place on: 12 & 26 April, 10 & 24 May, 7 & 21 June, 5 & 19 July, 2, 16 & 30 August and 13 & 27 September.

Stokenchurch (2 walks)

10.00am. Meet at the Methodist Church, HP14 3TZ



Friday

Aylesbury Vale

Bedgrove

11.00am. Meet outside Budgens, Jansel Square, HP21 7ET



Alternate Fridays

Takes place on: 6 & 20 April, 4 & 18 May, 1, 15 & 29 June, 13 & 27 July, 10, 24 & 31 August and 14 & 28 September.

Buckingham (2 walks)

11.00am. Meet at Cornwall's Meadow Car Park outside Waitrose, MK18 1RS



Chiltern

Chalfont St Peter

10.30am. Meet at the CSP Community Centre, SL9 9QX



South Bucks

Burnham

10.00am. Meet at Cornerstone, St Peters' Church, Church St, SL1 7HX



Wycombe

Micklefield

10.30am. Meet at Community Centre, Centre Approach, HP13 7HU



Castlefield

10.30am. Meet at The Avenue Methodist Church, Rutland Avenue, Castlefield, HP12 3JQ



First Footers Walks

Weekend Walks



The Simply Walk Volunteer Walk Leaders receive certified training, first aid training, and insurance cover and the opportunity to become an active member of a local scheme.

We are always looking for new volunteers to become leaders and contribute to the continuing success of the Simply Walk program.

If you are interested in becoming a Volunteer Walk Leader or Backmarker and would like more information, please contact Fiona on **01494 475367**.



First Footers Walks

Ideal for those who are just getting started or find the other walks are getting a bit too much. First Footers walks last for up to 45 minutes, allowing you to walk at a comfortable pace with the enjoyment and support of being in a sociable group.

New walks are starting around the county. If you'd like to see a First Footers walk in your area, please contact Simply Walk on **01494 475367**.

Weekend Walks

April

SUN 1	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	
SUN 8	Langley Park 11am Meet in car park, SLO oLT	
SUN 15	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	
SAT 21	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High St, SLO 9QA	
SUN 22	Sunday/Striders Please call or see our website for details.	
SUN 29	Beaconsfield Woodland Burial Park 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	

May

SUN 6	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	
SUN 13	Langley Park 11am Meet in car park, SLO oLT	
SAT 19	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High Street, SLO 9QA	
SUN 20	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	
SUN 27	Beaconsfield Woodland Burial Park 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	
SUN 27	Sunday Striders Please call or see our website for details	

June

SUN 3	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	
SUN 10	Langley Park 11am Meet in car park, SLO oLT	
SAT 16	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High Street, SLO 9QA	
SUN 17	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	
SUN 24	Beaconsfield Woodland Burial Park 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	
SUN 24	Sunday Striders Please call or see our website for details	

Weekend Walks

July

SUN 1	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	
SUN 8	Langley Park 11am Meet in car park, SLO oLT	
SUN 15	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	
SAT 21	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High Street, SLO 9QA	
SUN 22	Sunday Striders Please call or see our website for details	
SUN 29	Beaconsfield 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	

August

SUN 5	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	
SUN 12	Langley Park 11am Meet in car park, SLO oLT	
SAT 18	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High Street, SLO 9QA	
SUN 19	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	
SUN 26	Beaconsfield Woodland Burial Park 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	
SUN 26	Sunday Striders Please call or see our website for details	

Sunday Striders: Rural walks with a pub lunch! For more information please contact Simply Walk on 01494 475367 or visit the website www.buckscc.gov.uk/simplywalk

Weekend Walks & Other Walking Groups

September

SUN 2	Denham 11am Meet at Denham Village Green, Village Road, UB9 5	👤👤👤👤
SUN 9	Langley Park 11am Meet in car park, SLO oLT	🅑🅓👤👤👤👤
SAT 15	Iver Village 2pm Meet in car park, rear of Village Hall, Grange Way off High Street, SLO 9QA	🅓👤👤👤👤
SUN 16	Burnham Beeches 2.30pm Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE	🅑🅓👤👤👤👤
SUN 23	Sunday Striders Please call or see our website for details	🅓👤👤👤👤
SUN 30	Beaconsfield Woodland Burial Park 11am Meet at Chiltern Woodland Burial Park, Potkiln Lane, HP9 2XB	🅓👤👤👤👤

Walking routes suitable for Buggies

Walking with your buggy is a great way to get out in the fresh air with your child, a number of our routes are suitable to take a buggy on. Please contact Simply Walks on 01494 475367 for more details.

Buggyfit Classes

Buggyfit classes are an hour long, and usually involve a 3 – 5 mile route in total. Classes start with a moderate warm up walk, moving into a power walk or run to raise our heart rates. This is when we start to burn fat! Each class includes group exercises specifically selected to strengthen and tone particular muscle groups, and enable us to cope with the demands of motherhood. We finish off with a cool down and stretch.



Classes run in the following areas:

Wendover Woods
Bedgove Park
Chalfont St Peter Common
The Rye – High Wycombe
Phoenix trail
Waddesdon Manor

Log onto www.buggyfit.co.uk for more information and class price list.

Get Running in 2012

Regardless of your age, fitness level, motivation or location you can be part of a running group



For more information or to find your local group please call 01296 585215 or visit www.reactivatebucks.org/running

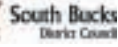


Give it a go... Nordic Walking



For more information please call 01296 585 215 or visit www.reactivatebucks.org





For more information please contact *Simply Walk*:

telephone:

01494 475 367

e-mail:

simplywalks@buckscc.gov.uk

www.buckscc.gov.uk/simplywalk

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