



Wheatley

Every Thursday

Time: 10.00am

Where: Meeting Place - Outside Park Sports Centre

Contact: Frances Fielding on 01865 436211

Henley Walks

A new walk starting in February for people of all ages including parent and prams and those walking for health around the Henley countryside.

The walks are grade **C** gentle with no stiles and are running:

Every Tuesday

Time: 9.30am

Where: Meeting Place - Mill Lane Car Park, Henley on Thames

Every Thursday

Time: 9.30am

Where: Meeting Place - Shiplake post office

Contact: For more information please contact Laura Howard on 07787 445108 or email info@trainingmatters2u.co.uk

What to wear / bring

You don't need any special equipment to come on a health walk.

You should wear comfortable clothes and shoes.

You may like to bring a small bottle of water.

Sonning Common

Mon **First Steps** and **B**

Time: 10.00am 1/2 to 1 3/4 miles

Where: Millennium Field, Sonning Common*

Time: 11.30am 2 - 2 1/2 miles

Where: All Saints' Church, Peppard Common*

Tuesday **C**

Time: 10.00am 1 3/4 miles

Where: Kingwood Common*

Wednesday **B**

Time: 2.00pm 2 - 2 1/2 miles

Where: Opposite Peppard Stores, Stoke Row Road*

Time: 7.00pm 4 miles

Where: All Saints' Church, Peppard Common*

Thursday **B**

Time: 10.00am 2 1/2 miles

Where: All Saint's Church, Peppard Common*

Friday **A**

Time: 9.30am 3 - 4 miles

Where: Greys Court (rear), Rocky Lane*

Saturday **A/B**

Time: 5.00pm 2 - 2 1/2 miles and 5 miles

Where: Greys Court (rear), Rocky Lane

Sunday **B**

Time: 10.00am 2 - 2 1/2 miles

Where: Kingwood Common*

Contact: Chris on 01189 242515 or email chris@sonningcommonhealthwalks.co.uk or visit the website www.sonningcommonhealthwalks.co.uk

*Please note venues change quarterly please call or check website to confirm



Health Walking is for *fitness*,
it's *friendly, fun* and *free*
and *makes you feel good!*



Walk Grades:

First Steps FS – A flat easy walk for beginners

C – Gentle hills – no stiles

B – Moderate hills and/or stiles

A – Steep hills and stiles

If you would like to speak to someone in person or just find out a bit more about what we are doing in your area and other areas before starting a Health Walk, then please contact Cath Dale, Shared Participation Officer on **01491 823128** or **Cath.Dale@southandvale.gov.uk**

www.southoxon.gov.uk



Benson

Monday 2.00pm **First Steps**

Where: Benson Parish Hall

½ to 1½ miles

Wednesday 10.30am **C**

Where: Benson Parish Hall

Up to 4 miles

A flat walk followed by coffee.

Saturday 9.30am **B**

Where: Cow Common Car Park, Ewelme

1½ - 4 miles flexible

A lovely countryside walk over fields, hills and stiles.

Saturday 9.30am **A**

Once a month

Where: Cow Common Car Park, Ewelme

Extra Long Walk, a bit more of a challenge!

Contact:

Margaret Wiggall on 01865 890730

Chalgrove

A different location each Friday of the month.

1st Friday of month:

Time: 10.15am

Where: Chalgrove public car park, behind The Crown.

2nd Friday of month:

Time: 10.00am

Where: Wallingford Town Hall.

Bus from Chalgrove 9.30am.

3rd Friday of month:

Time: 10.15am

Where: St Leonard's Church car park, Watlington.

Bus from Chalgrove 9.50am.

4th Friday of month:

Time: 10.00am

Where: Wallingford Town Hall.

Bus from Chalgrove 9.30am.

5th Friday of month: Stadhampton

Time: 10.30am

Where: meet at decorated bus stop next to Stadhampton Garage. Bus from Chalgrove 10.20am.

Contact:

Margaret Wiggall on 01865 890730



Didcot

Every Tuesday – **First Steps**

Time: 10.00am

Where: meet at the car park of Willowbrook Leisure Centre for varied walks around Ladygrove Estate, Didcot.

Every Thursday – **First Steps** and **C**

Time: 10.00am

Where: Green Close, Didcot, outside Berkshire Court.

Contact: Robin Mcstay on 01235 835358

Goring

Meeting place is always Goring Village Hall, opposite Thames Road, Goring on Thames

Summer Timetable:

Mondays 7.00pm Grade **A/B**

Tuesdays 10.00am Grade **B, C** and **First Steps**

Wednesdays 7.00pm Grade **A/B**

Fridays 10.00am Grade **B** and **C**

Saturdays 8.00am Grade **A**

Saturdays 9.00am Grade **A/B**

Sundays 10.00am Grade **B**

Winter Timetable:

Tuesdays 10.00am Grade **B, C** and **First Steps**

Fridays 10.00am Grade **B** and **C**

Saturday 9.00am Grade **A/B**

Sunday 10.00am Grade **B**

Please can all new walkers attending first steps walk please contact Goring Gap Health walks to ensure a dedicated walker is available.

For more information please contact Bernard on 01491 873092 or goringgapwalks@waitrose.com