

# HEALTH WALKS TIMETABLE – Monday 1<sup>st</sup> October – Friday 14<sup>th</sup> December 2018

AND

Wednesday 2<sup>nd</sup> January – Thursday 18<sup>th</sup> April 2019

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 <b>For whole period</b>	GR 713794 First Steps Flat, circular, easy walk round field	0.6 - 1.8 miles
	11.30am	<b>From 1 October – 10 December</b> Peppard Cross Roads, Stoke Row Road (Route 1)	GR 704813 B - 30 - 50 minutes	2.5 miles
		<b>From 7 January – 15 April</b> Peppard Cross Roads, Stoke Row Road (Route 2)	GR 704813 B - 30 - 50 minutes	2.5 miles
TUESDAY	10.00am	<b>From 2 October – 11 December</b> Peppard Cricket Club, Stoke Row Road	GR 701813 C - 30 - 50 minutes	1.75 miles
	10.00am	<b>From 8 January – 16 April</b> Kingwood Common	GR 695822 C - 30 - 50 minutes	1.75 miles
WEDNESDAY  *****	2.00 pm	<b>From 3 October – 12 December</b> The Herb Farm, Sonning Common	GR 712798 B - 45 - 60 minutes	3 - 3.5 miles
		<b>From 2 January – 17 April</b> Old Copse, end of Woodlands Road, Sonning Common	GR 703808 B - 45 - 60 minutes	3 - 3.5 miles
Evening walk	7.00 pm	<b>For whole period</b> No evening walk currently		
THURSDAY	10.00 am	<b>From 4 October – 8 November</b> The Herb Farm, Sonning Common	GR 712798 B - 40 - 60 minutes	2.5 miles
		<b>From 15 November – 13 December</b> Peppard Cricket Club, Stoke Row Road	GR 701813 B - 40 - 60 minutes	2.5 miles
		<b>From 3 January – 21 February</b> Peppard War Memorial Hall, Gallowstree Road	GR 702812 B - 40 - 60 minutes	2.5 miles
		<b>From 28 February – 18 April</b> All Saints Church, Peppard	GR 713815 B - 40 - 60 minutes	2.5 miles
FRIDAY	9.30 am	<b>From 5 October – 14 December</b> Kingwood Common	GR 695822 A - 55 - 75 minutes	3.5 - 4 miles
		<b>From 4 January – 12 April</b> Peppard War Memorial Hall, Gallowstree Road	GR 702812 A - 55 - 75 minutes	3.5 - 4 miles
SATURDAY	9.30 am	<b>For whole period</b> Sonning Common Health Centre car park, Wood Lane	GR 707802 A - 60 - 90 minutes	4 - 5 miles
	2.00 pm	<b>For whole period</b> Sonning Common Health Centre car park, Wood Lane	GR 707802 B - 45 - 70 minutes	2.5 - 3.5 miles
SUNDAY	10.00 am	<b>From 7 October – 9 December</b> Sonning Common Health Centre car park, Wood Lane	GR 707802 B - 45 - 60 minutes	2.5 - 3 miles
	10.00 am	<b>From 6 January – 14 April</b> Peppard Cross Roads, Stoke Row Road	GR 704813 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**