

Simply Walk.....

...your way to better health



April, May & June 2009

This Springtime, come and enjoy the fresh air and beautiful countryside of Buckinghamshire - whilst improving your health and meeting new friends - **It's simple, easy and free!**

All the walks in this leaflet are led by trained volunteer walk leaders who will welcome you and encourage you to walk at your own pace.

Call us for more information if you are unsure which walk is suitable for you.

Do I need to book?

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

CHILTERNNS AREA

Chalfont St Giles - Wednesday - 10am
Varied terrain and occasional stile.
Meet on the village green. 1-1 ½ hrs.

Amersham - Tuesday - 10.30am
Meet outside Tesco's (near cash machines)
Mostly flat terrain. 1½ hrs with a shorter option of 45mins - 1 hr.

Great Missenden- Tuesday - 10am
7 & 21 April, 5 & 19 May, 2 & 16 June ☕
Meet at the memorial Hall (behind the Library)
Stiles and gradients on some walks. 1-1 ½ hrs.

Chalfont St Peter - Friday - 10.30am
Meet at the CSP Community Centre ☕
Approx. 1 hr - occasional stile and gradient.

Chesham - Thursday - 10.30am
Meet at Car Park, Moor Road.
2 walks: easy 1 hr walk, plus longer option with some
Stiles and gradients


Chesham - Tuesday - 9am
Meet at Hivings Free Church car park, off Hivings Hill, Pond Park, Mostly flat, no stiles. Approx 45 minutes

Holmer Green - Monday - 10.30am
Meet at the Baptist Church in Holmer Green ☕
2 walks: Short, flat village walk and a longer, rural option.


SOUTH BUCKS AREA

BURNHAM


Every Friday - 10am

Meet at "Cornerstone", St Peters Church 
Church Street. Mostly flat terrain 45
minutes to 1 hr.

1st Wednesday of month - 10am

Gentle introductory half hour walk on flc 
terrain
Meet in Community Room, Burnham Health
Centre

1st Monday of month - 10.45am

Meet at Methodist Church, Eastfield Rd, 
Burnham
Mostly flat terrain. Approx. 45 minutes

3rd Sunday of month - 2.30pm

Burnham Beeches 

Meet at The Café, Victory Cross, Lord
Mayor's Drive, Woodland paths with some
slopes. 45 minutes to 1 hr.

3rd Tuesday of month - 2pm

Taplow/River Thames/ Dorney 

Varied terrain. Approx. 1½ hrs. Meeting point
varies.
Phone below for meeting point or if you need
transport Tel: 01628 661441

BUGGY WALK

Alternate Tuesdays - 1.45pm

Meet at Burnham Health Centre, Minniecroft
Road

Black Park, Wexham Thursday - 10am 

Meet in Car Park (£2 car park fee)

Flat walk, no stiles - 1-1¼hrs

****NEW WALK****

Langley Park - Mondays - 10am

6 & 20 April. 4 & 18 May, 1, 15 & 29 June
Meet in Car Park (£2 car park fee)
Flat walk, no stiles - 1-1¼hrs

BUGGY WALKS

(Call 07771 844174 for more information)
Black Park - alternate Thursdays from 2nd
April

Meet at Black Park Car Park 9.45 am to
depart 10am

Burnham Beeches - althenticate Thursdays from
9th April

Meet at The Café, Victory Cross, Lord
Mayor's Drive 9.45 am to depart 10am


WYCOMBE AREA

****NEW WALK** starts 22nd April**

Princes Risborough - Wednesday - 1.30pm 

Meet outside adult centre in Clifford Road
Car parking on the road.
Mostly flat, no stiles - 1 hr

Marlow - Tuesday 10am

Meet outside Court Gardens Leisure Centre, 
Pound Lane,
Mostly flat . No stiles. 1-1 ½ hr.

The Rye - Wednesday - 2pm

Meet at the Environment Centre on The Rye
Flat walk 45 minutes - 1 hr.

Loudwater - Thursday - 10.30am

Mostly flat. no stiles - 1 hr



Meets alternate weeks at Kingsmead Road Car Park or Budgens Car park, Flackwell Heath.

Call 01494 452546 to check meeting place.

Micklefield - Friday 10.30am

Meet at Community Centre, Centre Approach,
45mins-1hr - Woodland paths with some slopes.

Downley Common - Monday - 10am

Meet Old School Community Centre, School Close, Occasional stile. Some inclines - 1-1/2 hrs



Optional longer walk - 1st Monday of each month 2 hrs

Stokenchurch - Thursday - 10am



Meet at the Methodist Church on Stokenchurch Common

Gradients and stiles. 1-1½ hrs.

Also short, flat walk 45 mins-1hr on 2 & 16 April, 7 & 21 May, 4 & 18 June

Lane End - Monday and Thursday - 10am

Meet Lane End Playing Fields' Car Park, off Park Lane



Monday: 1½-2 miles with possible longer option

Thursday: 2-3 hrs plus shorter option 1½-2 hrs

Stiles and gradients on both walks

Booker - Tuesday 10am

Meet at Booker Common Memorial Hall (Limmer Lane)

Approx. 2 hours with some stiles and gradients.

Shorter walk option available if required

BUGGY WALKS

Wycombe West Childrens' Centre,

c/o Millbrook Combined School,

Call Nazia 0782 6892202 for more info

Micklefield - every Monday 10.15am - Ash Hill Centre

Call Gail 0779 9212126 for more info.

AYLESBURY VALE AREA

Buckingham - Fridays 11am

Meet at Cornwall's Meadow Car Park outside Waitrose.

2-4 miles, varied terrain.

Haddenham - Sunday - 2pm

12 April, 10 May, 14 June

Meet outside the Library, Banks Rd, Haddenham

Country walks on rural footpaths. Varied terrain and some stiles. Up to 4 miles.

Approx. 2 hrs

Walton Court - Tuesday - 12 noon.

Flat, no stiles. 30-45 mins

Meet at Healthy Living Centre, Hannon Road



Wendover - Tuesday - 10am

Meet outside the Clock Tower, High St. 45 mins - 1 hr

Wendover Woods - Thursday - 11am


2 April, 7 May, 4 June

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

2 walks:

1. Gentle inclines. No stiles. 1 hr.
2. 1 ½ hr with inclines and occasional stiles

Bedgrove -every Tuesday - 12.00pm


Meet outside Budgens, Jansel Square 
Flat walk, no stiles

Also suitable for buggies. 30-45 minutes


Bedgrove - Friday - 11am

Meet outside Budgens, Jansel Square.
10 & 24 April, 8 & 22 May, 5 & 19 June
Across fields. Some stiles. 1-1 ½ hrs.

BUGGY WALKS

Elmhurst - Thursday - 1030-1130am 
& **Friday 2.30- 4pm**

Meet at Elmhurst Children's Centre
**More Buggy walks being organised in
Coldharbour and Quarrendon - please phone
for details**

 = Refreshments available after the
walk

Sunday Striders - rural walks with a pub
lunch!

For dates and information, please visit
our website.

No car? No excuse! Call
traveline public transport info
0870 608 2608



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

Information for walkers-Please Remember:

Wear suitable footwear for walking (on rural
walks paths may be muddy). Light
waterproof/Sunscreen & hat (depending on
weather) Take drinking water and walking
stick if you use one.

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

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/rights_of_way



Chiltern
District Council



AYLESBURY VALE
DISTRICT COUNCIL



South Bucks
District Council

Buckinghamshire **NHS**
Primary Care Trust



WYCOMBE
DISTRICT COUNCIL

