

# 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 Jun ☕  
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.

**1<sup>st</sup> Wednesday of month - 10am**

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

**1<sup>st</sup> 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.

**3<sup>rd</sup> 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 2<sup>nd</sup>  
**April**

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

**Burnham Beeches** - althenticate Thursdays from  
9<sup>th</sup> April

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


**WYCOMBE AREA**

**\*\*NEW WALK\*\* starts 22<sup>nd</sup> 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** - 1<sup>st</sup> 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](mailto:simplywalks@buckscc.gov.uk)**

**Website: [www.buckscc.gov.uk/rights\\_of\\_way](http://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

