Sonning Common

For start points see website
www.sonningcommonhealthwalks.co.uk

Mondays 10 am  Grade First Steps
½ - 1 ¾ miles
Mondays 11.30 am  Grade B
2 ½ miles
Tuesdays 10 am  Grade C
1 ¾ miles
Wednesdays 2 pm  Grade B
3 miles
Thursdays 10 am  Grade B
2 ½ miles
Fridays 9.30 am  Grade A
3 ½ - 4 miles
Saturdays 9.30 am  Grade A
4 - 5 miles
Saturdays 2 pm  Grade B
2 ½ - 3½ miles
Sundays 10 am  Grade B
3 miles

Walk grades explained:
First Steps A flat easy walk for beginners
Grade A Steep hills and stiles
Grade B Moderate hills and / or stiles
Grade C Gentle hills, no stiles

Henley

Tuesdays 12 noon  30 minutes short walk
Meet outside Henley Town Hall
First Sunday of each month 10am  45 -60 minutes
Henley Leisure Centre

Wallingford

Mondays 10am  30 minute short walk
Bullcroft Park, Wallingford

Walk leader contact details:

Benson walks:
Kate Hart on 01491 838689
kate.h@ntlworld.com

Chalgrove walks:
Margaret Wiggall on 01865 890730
margaretjwiggall@hotmail.com

Didcot walks:
Robin McStay on 01235 835358

Goring walks:
Bernard Novell on 01491 873092
goringgapwalks@gmail.com
www.goringgapwalks.co.uk

Sonning Common walks:
Chris Brook on 0118 9242515
chris.brook@sonningcommonhealthwalks.co.uk
www.sonningcommonhealthwalks.co.uk

Dorchester, Henley, Wallingford Short walks
Annalie Thomasson on 07766991487
annalie.thomasson@southandvale.gov.uk

Get active

at a time ...

Join a free local group walk
**Benson**

- **Mondays 2 pm**  First Steps
  - Winter - Benson Parish Hall
  - Summer - Riverside
  - ½ to 1 ½ miles

- **Wednesdays 10.30 am**
  - Walk 1: Benson Parish Hall - Grade C
  - A shorter slower flat walk followed by coffee
  - Up to 2 miles

  - Walk 2: Benson Parish Hall - Grade B
  - 3 to 4 mile walk followed by coffee

- **Wednesday Evenings** - Contact Kate Hart on 01491 838689 for start times

- **Winter** - Benson Parish Hall - Grade C
  - Up to 4 miles

- **Summer** - Cow Common Car Park, Ewelme - Grade A
  - A lovely countryside walk over fields, hills and stiles
  - Up to 4 miles

- **Saturdays 9.30 am** - Grade B
  - Cow Common Car Park, Ewelme
  - A lovely countryside walk over fields, hills and stiles followed by coffee
  - Up to 4 miles

**Chalgrove**

- **All walks are 2-3 miles long and take between 60-90 minutes walking time**

- **1st Friday of month 10.15 am** - Grade B / C
  - Meet at Chalgrove public car park, behind The Crown Public House

- **2nd Friday of month 10.15 am** - Grade B / C
  - Wallingford Town Hall
  - For car share, meet at Chalgrove public car park
  - 9.30 am, behind The Crown Public House

- **3rd Friday of month 10.15 am** - Grade B / C
  - St. Leonards Church Car Park, Watlington
  - For car share, meet at Chalgrove public car park
  - 10 am, behind The Crown Public House

- **4th Friday of month 10.15 am** - Grade B / C
  - Wallingford Town Hall
  - For car share, meet at Chalgrove public car park
  - 9.30 am, behind The Crown Public House

- **5th Friday of month 10.45 am** - Grade B / C
  - Oxford

Your “in case of emergency” numbers should be with you when attending a walk, written down and tucked away in your pocket and saved on your phone as ICE

Please contact us before your first walk

**Goring Gap**

- Meeting place is always The Rectory Garden adjacent to Goring Village Hall

**Summer Timetable: (April-August)**

- **Mondays 7 pm** - Grade A / B
- **Tuesdays 10 am** - Grade B, C and First Steps
- **Fridays 10 am** - Grade B and C
- **Saturdays 8 am** - Grade A
- **Saturdays 9 am** - Grade A / B
- **Sundays 10 am** - Grade B

**Winter Timetable: (September-March)**

- **Tuesdays 10 am** - Grade B, C and First Steps
- **Fridays 10 am** - Grade B and C
- **Saturdays 8 am** - Grade A
- **Saturdays 9 am** - Grade A / B
- **Sunday 10 am** - Grade B

**Didcot**

- **Tuesdays 10 am** - First Steps and Grade C
  - Willowbrook Leisure Centre Car Park
  - Varied walks around Ladygrove Estate, Didcot

- **Thursdays 10 am** - First Steps and Grade C
  - Green Close, Didcot, Berkshire Court Close

**Dorchester**

- **Thursdays 10am** - 30 minute Short Walk
  - Meet outside the Co-Op