

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 - 3 ½ 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



Join a free local group walk



Listening Learning Leading

 **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



Please contact us before your first walk

 **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

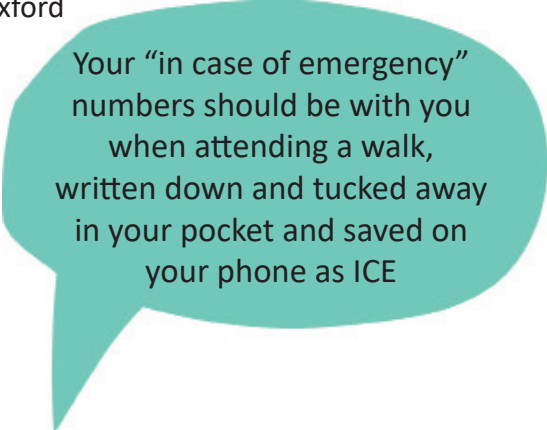
4th Friday of month 10.15 am **Grade B / C**

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

 **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