



walk
4 life

NHS
Cambridgeshire

For further information about the Health Walks scheme
please contact Rachel Tucker on 01480 387047
or email rachel.tucker@huntingdonshire.gov.uk



Sport and Active Lifestyles
Huntingdonshire District Council
Pathfinder House, St Mary's Street,
Huntingdon, Cambridgeshire PE29 3TN

www.huntingdonshire.gov.uk/healthwalks

Huntingdonshire Health Walks

January to April 2012

FREE guided
walks lasting
from 20 to 90
minutes

www.huntingdonshire.gov.uk/healthwalks

RightStart 123

Are you looking for a way to feel fitter and healthier but unsure where to start?

RightStart 123 classes are suitable for people wanting to exercise for the first time or returning to exercise after a medical condition.

This is what our participants have said about RightStart:

“I am over 80. The class has helped a great deal with mobility and balance, as well as the feeling of general well being.”

“Because of arthritis in both knees I am aware that I may require knee replacements. RightStart gives me the opportunity to keep as fit as possible and has given me more confidence in myself and an opportunity to meet other people with similar difficulties.”



RightStart 1 Chair-based Exercise

- Huntingdon

RightStart 2 Strength & Balance Exercise

- Huntingdon, St Neots and Yaxley

RightStart 3 Aerobic/Circuit Type Exercise

- Huntingdon, Sawtry, St Ives and St Neots

For more information about the RightStart classes please contact Rachel Tucker on 01480 387047 or rachel.tucker@huntingdonshire.gov.uk

Health Walks

The Huntingdonshire Health Walks scheme is provided **FREE** as part of the national initiative ‘Walking for Health’ in partnership with Cambridgeshire NHS.

The health walks are suitable for people who want to improve their health and well-being. New walkers are always welcome to join the walks, whether you are currently active or if you have not exercised in a long time.

Benefits of walking

- Makes you feel good
- Gives you more energy
- Reduces stress and helps you sleep better
- Keeps your heart ‘strong’ and reduces blood pressure
- Helps to manage your weight

Everyone is encouraged to walk at their own comfortable pace to help improve health and fitness. Walkers are advised to increase their walk speed during the mid section of the walk (so they feel warmer and are breathing more deeply) to gain the health benefits of walking. Walks are supported by trained volunteer health walk leaders who lead the way on the walks and make sure no-one is left behind.

It couldn’t be easier to get started, all you need to do is choose your walk location, turn up 10 minutes prior to your first walk and complete a medical questionnaire (alternatively you can do this in advance, online at www.huntingdonshire.gov.uk/newwalker).

The current recommendation for physical activity is just 30 minutes of moderate activity, such as brisk walking. That’s all it takes to feel the difference.



Short Walks

Concerned about joining for the first time? If you haven't walked for a while you may like to try one of our shorter walks which will last about 20 to 30 minutes and are suitable for pushchairs and wheelchair users.

HUNTINGDON

Meet at the Sallowbush Road Free Car Park (opposite the Oak Tree Centre)



Every Tuesday

10.00am

Free Short Walks in Huntingdon are led by Personal Health Trainers. For more information on the Personal Health Trainers visit www.personalhealthtrainer.org.uk or call 07540 703645.

RAMSEY

Meet at NEW Ramsey Library Site, 25 Great Whyte, Ramsey PE26 1HG

Monday 9th January 10.00am

Monday 6th February 10.00am

Monday 5th March 10.00am

Monday 2nd April 10.00am

ST IVES

Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU

Wednesday 11th January 10.00am

Wednesday 1st February 10.00am

Wednesday 7th March 10.00am

Wednesday 4th April 10.00am

ST NEOTS

Meet at Riverside Car Park, St Neots PE19 7HD (Pay and Display Parking)

Tuesday 31st January 10.00am

Tuesday 28th February 10.00am

Tuesday 27th March 10.00am

Tuesday 24th April 10.00am

Featured Walks

These family friendly walks will last about an hour and are a great way to increase your activity. Children under the age of 16 need to be accompanied by an adult.

New Year's Walk (Perry)

• **Tuesday 3rd January, 10.30am**
(meet at The Wheatsheaf Pub, West Perry PE28 0BX)

Wrap up warm and beat the winter blues by joining us on a new walk route around Perry. An optional lunch is available at The Wheatsheaf Pub from 12pm. For £10 you can treat yourself to fish and chips, apple pie and tea or coffee. Lunch must be pre-booked so let your walk leader know if you would like to attend.

Reserve Ramble (Paxton Pits)

• **Saturday 11th February, 10.30am**
(meet at Paxton Pits Nature Reserve PE19 6ET)

Yacht Lakes (St Ives)

• **Saturday 17th March, 10.30am**
(meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW)

Bluebells in Lady's Wood (Upwood)

• **Thursday 12th April, 2.00pm**
• **Saturday 21st April, 10.30am**
• **Monday 23rd April, 2.00pm**
(meet at St Peter's Church, Upwood PE26 2QE)

During April, Lady's Wood becomes alive with the display of Bluebells as their nodding heads fill the woodland floor. Join us to see this outstanding picturesque scene.



HUNTINGDON

All health walks are graded - see Walks Key on back page for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker

JANUARY	
TUE 3 10.30AM	New Year's Walk (Perry) <small>See featured walks on page 5</small> Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
WED 4 2PM	Grafham/Perry Meet at Fishing Lodge Car Park, Perry PE28 0BX
FRI 6 10AM	Woodland Ramble Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
WED 11 2PM	Meadow Meander Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 13 10AM	Brampton Ramble Meet at Frosts Garden Centre, Brampton PE28 4NF
WED 18 2PM	Hinchingsbrooke Circular <small>Not suitable for new walkers</small> Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
FRI 20 10AM	Stukeley Stroll Meet at Three Horseshoes, Great Stukeley PE28 4AH
WED 25 2PM	Hartford Walk Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 27 10AM	Buckden Village Walk Meet at Buckden Community Centre, Buckden PE19 5UY

FEBRUARY	
WED 1 2PM	Houghton Meadows Meet at Houghton Mill Car Park PE28 2AZ
FRI 3 10AM	Wyton Wander Meet at Huntingdon Garden & Leisure PE28 2AA
WED 8 2PM	Grafham Lakeside Meet at Cinnamon Indian Restaurant Car Park, Breach Road, Grafham PE28 0BA
FRI 10 10AM	Lakeland Walk Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
WED 15 2PM	NEW Buckden Ramble Meet at Buckden Community Centre, Buckden PE19 5UY
FRI 17 10AM	NEW Perry Walk Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
WED 22 2PM	Brampton Ramble Meet at Frosts Garden Centre, Brampton PE28 4NF
FRI 24 10AM	Grafham/Perry Meet at Fishing Lodge Car Park, Perry PE28 0BX
WED 29 2PM	Woodland Ramble Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB













MARCH	
FRI 2 10AM	Hartford Walk Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
WED 7 2PM	Lakeland Walk Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
FRI 9 10AM	Meadow Meander Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
WED 14 2PM	Stukeley Stroll Meet at Three Horseshoes, Great Stukeley PE28 4AH
FRI 16 10AM	Houghton Meadows Meet at Houghton Mill Car Park PE28 2AZ
WED 21 2PM	Buckden Village Walk Meet at Buckden Community Centre, Buckden PE19 5UY
FRI 23 10AM	Hinchingsbrooke Circular <small>Not suitable for new walkers</small> Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
WED 28 2PM	NEW Perry Walk Meet at The Wheatsheaf Pub Car Park, West Perry PE28 0BX
FRI 30 10AM	Grafham Lakeside Meet at Cinnamon Indian Restaurant Car Park, Breach Road, Grafham PE28 0BA








APRIL	
WED 4 2PM	Meadow Meander Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 6	No Walk EASTER BREAK
WED 11 2PM	Woodland Ramble Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB
FRI 13 10AM	NEW Buckden Ramble Meet at Buckden Community Centre, Buckden PE19 5UY
WED 18 2PM	Hartford Walk Meet at Hunts Community Nursery, Park Lane, Godmanchester PE29 2AG
FRI 20 10AM	Brampton Ramble Meet at Frosts Garden Centre, Brampton PE28 4NF
WED 25 2PM	Alconbury Weston & Upton Meet at High Street, Alconbury Weston PE28 4JP
FRI 27 10AM	Lakeland Walk Meet at Visitors Centre, Hinchingsbrooke Country Park PE28 6DB


















RAMSEY

All health walks are graded - see Walks Key on back page for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker

JANUARY	
MON 2	No Walk CHRISTMAS BREAK
THU 5 2PM	Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG 
MON 9 2PM	Museum Meander Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 12 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE  
MON 16 2PM	Stocking Fen Stroll Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 19 2PM	Marina View Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 23 2PM	Golfing Saunter Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 26 2PM	Bury Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 30 2PM	Bury Lug Fen Meet at Bury Church Hall, Bury PE26 2NS 
















FEBRUARY	
THU 2 2PM	Stocking Fen Stroll Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 6 2PM	Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG 
THU 9 2PM	Golfing Saunter Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 13 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE  
THU 16 2PM	Museum Meander Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 20 2PM	Marina View Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 23 2PM	Bury Lug Fen Meet at Bury Church Hall, Bury PE26 2NS 
MON 27 2PM	Bury Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  

MARCH	
THU 1 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE  
MON 5 2PM	Golfing Saunter Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 8 2PM	Museum Meander Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 12 2PM	Stocking Fen Stroll Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 15 2PM	Marina View Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 19 2PM	Bury Lug Fen Meet at Bury Church Hall, Bury PE26 2NS 
THU 22 2PM	Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG 
MON 26 2PM	Upwood Meet at St Peter's Church, Upwood PE26 2QE  
THU 29 2PM	Golfing Saunter Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  

APRIL	
MON 2 2PM	Bury Town Walk Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 5 2PM	Bury Lug Fen Meet at Bury Church Hall, Bury PE26 2NS 
MON 9	No Walk EASTER BREAK
THU 12 2PM	Upwood (Bluebells in Lady's Wood) <small>See featured walks on page 5</small> Meet at St Peter's Church, Upwood PE26 2QE  
MON 16 2PM	Marina View Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
THU 19 2PM	Golfing Saunter Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
SAT 21 10.30AM	Upwood (Bluebells in Lady's Wood) <small>See featured walks on page 5</small> Meet at St Peter's Church, Upwood PE26 2QE  
MON 23 2PM	Upwood (Bluebells in Lady's Wood) <small>See featured walks on page 5</small> Meet at St Peter's Church, Upwood PE26 2QE  
THU 26 2PM	Stocking Fen Stroll Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  
MON 30 2PM	Museum Meander Meet at Ramsey Library, Great Whyte, Ramsey PE26 1HG  

ST IVES

All health walks are graded - see Walks Key on back page for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker

JANUARY	
TUE 3	No Walk CHRISTMAS BREAK
THU 5 10AM	Yacht Lakes    Meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW
TUE 10 2.15PM	Thicket Path  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 12 10AM	Holywell   Meet at Pike & Eel Pub, Needingworth PE27 4TW
TUE 17 2.15PM	RSPB Fen Drayton   Meet at Three Tuns Pub, Fen Drayton CB24 3SJ
THU 19 10AM	Crystal Lakes   Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 24 2.15PM	Town Walk  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 26 10AM	Hemingford Grey   Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 31 2.15PM	Pidley   Meet at Lakeside Lodge Golf Centre, Fen Road, Pidley PE28 3DF

FEBRUARY	
THU 2 10AM	Hilton  Meet at Village Green, Fenstanton Road, Hilton PE28 9JA
TUE 7 2.15PM	Woodhurst <small>Not suitable for new walkers</small>   Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
THU 9 10AM	Ouse Walk    Meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW
TUE 14 2.15PM	Yacht Lakes    Meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW
THU 16 10AM	RAF Wyton  Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
TUE 21 2.15PM	Holywell   Meet at Pike & Eel Pub, Needingworth PE27 4TW
THU 23 10AM	North St Ives  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
TUE 28 2.15PM	Crystal Lakes   Meet at Chapel on the Bridge, St Ives PE27 5UW

MARCH	
THU 1 10AM	RSPB Fen Drayton   Meet at Three Tuns Pub, Fen Drayton CB24 3SJ
TUE 6 2.15PM	Ouse Walk    Meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW
THU 8 10AM	Thicket Path  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
TUE 13 2.15PM	Hilton  Meet at Village Green, Fenstanton Road, Hilton PE28 9JA
THU 15 10AM	Town Walk  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
SAT 17 10.30AM	Yacht Lakes <small>See featured walks on page 5</small>    Meet at Long Stay Car Park, Meadow Lane, St Ives PE27 5BW
TUE 20 2.15PM	Pidley   Meet at Lakeside Lodge Golf Centre, Fen Road, Pidley PE28 3DF
THU 22 10AM	Woodhurst <small>Not suitable for new walkers</small>   Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
TUE 27 2.15PM	Holywell   Meet at Pike & Eel Pub, Needingworth PE27 4TW
THU 29 10AM	NEW Somersham Walk  Meet at Victory Hall Car Park, Parkhall Road, Somersham PE28 3HE

APRIL	
TUE 3 2.15PM	Town Walk   Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 5 10AM	Hemingford Grey   Meet at Chapel on the Bridge, St Ives PE27 5UW
TUE 10 2.15PM	RSPB Fen Drayton   Meet at Three Tuns Pub, Fen Drayton CB24 3SJ
THU 12 10AM	RAF Wyton  Meet at Co-op Supermarket, Constable Road, St Ives PE27 3ER
TUE 17 2.15PM	NEW Somersham Walk  Meet at Victory Hall Car Park, Parkhall Road, Somersham PE28 3HE
THU 19 10AM	Pidley   Meet at Lakeside Lodge Golf Centre, Fen Road, Pidley PE28 3DF
TUE 24 2.15PM	North St Ives  Meet at One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU
THU 26 10AM	Crystal Lakes   Meet at Chapel on the Bridge, St Ives PE27 5UW

ST NEOTS

All health walks are graded - see Walks Key on back page for details. New walkers should turn up 10 minutes early to start their first walk to complete a short health questionnaire, alternatively you can do this online at www.huntingdonshire.gov.uk/newwalker

JANUARY	
MON 2	No Walk CHRISTMAS BREAK
FRI 6 2PM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD   
MON 9 10AM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET  
FRI 13 2PM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ  
MON 16 10AM	Kimbolton Hills Meet at Kimbolton High School PE28 0EA  
FRI 20 2PM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET  
MON 23 10AM	NEW Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD  
FRI 27 2PM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD   
MON 30 10AM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET  

FEBRUARY	
FRI 3 2PM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD   
MON 6 10AM	Island Common Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ 
FRI 10 2PM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD   
SAT 11 10.30AM	Reserve Ramble <small>See featured walks on page 5</small> Meet at Paxton Pits Nature Reserve PE19 6ET  
MON 13 10AM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET  
FRI 17 2PM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET  
MON 20 10AM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ  
FRI 24 2PM	NEW Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD  
MON 27 10AM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD   

MARCH	
FRI 2 2PM	Kimbolton Hills Meet at Kimbolton High School PE28 0EA  
MON 5 10AM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD   
FRI 9 2PM	Three Lakes Meet at Paxton Pits Nature Reserve PE19 6ET  
MON 12 10AM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD   
FRI 16 2PM	Island Common Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ 
MON 19 10AM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD   
FRI 23 2PM	Marina View Meet at Riverside Car Park, St Neots PE19 7SD   
MON 26 10AM	Reserve Ramble Meet at Paxton Pits Nature Reserve PE19 6ET  
FRI 30 2PM	Park Walk Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ  

APRIL	
MON 2 10AM	NEW Willow Bridge Walk Meet at Riverside Car Park, St Neots PE19 7SD  
FRI 6	No Walk EASTER BREAK
MON 9	No Walk EASTER BREAK
FRI 13 2PM	Pocket Park Meet at Riverside Car Park, St Neots PE19 7SD   
MON 16 10AM	Church Walk Meet at Riverside Car Park, St Neots PE19 7SD   
FRI 20 2PM	Meadow Trail Meet at Paxton Pits Nature Reserve PE19 6ET  
MON 23 10AM	Island Common Meet at Priory Park Car Park, Huntingdon Road, St Neots PE19 1AJ 
FRI 27 2PM	Riverside Ramble Meet at Riverside Car Park, St Neots PE19 7SD   
MON 30 10AM	Kimbolton Hills Meet at Kimbolton High School PE28 0EA  

JANUARY

THU 5 1PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 12 1PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 19 1PM	Crown Lakes Walk Meet at Crown Lakes Car Park, Farcet PE7 3BA	
THU 26 1PM	Great Drove Meet at Yaxley Library, Yaxley PE7 3JL	 

FEBRUARY

THU 2 1PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 9 1PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 16 1PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 23 1PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	

MARCH

THU 1 1PM	Great Drove Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 8 1PM	Crown Lakes Walk Meet at Crown Lakes Car Park, Farcet PE7 3BA	
THU 15 1PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 22 1PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 29 1PM	Pond Walk Meet at Yaxley Library, Yaxley PE7 3JL	

APRIL

THU 5 1PM	Askews Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 12 1PM	Great Drove Meet at Yaxley Library, Yaxley PE7 3JL	 
THU 19 1PM	Church Walk Meet at Yaxley Library, Yaxley PE7 3JL	
THU 26 1PM	River Ramble Meet at Yaxley Library, Yaxley PE7 3JL	 

Walks Key





ORANGE Moderate walks last 30 to 60 minutes over 2 to 3 miles
Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

RED Advanced walks last 60 to 90 minutes over 3 to 4 miles
Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

GREEN/ORANGE Moderate walks
These are moderate walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

GREEN/RED Advanced walks
These are advanced walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

Key to Symbols

-  Refreshments available nearby
-  Caution! Can be muddy under foot - boots advisable
-  Pay and display parking
 - Car parking charges at some venues may be subject to change.
 - Information correct at the time of printing.
-  Stiles are on these walks.