



Amphill Health Walkers

Programme April to July 2017

All walks start at **10am at the start point shown**. Unless otherwise stated, they will be around 3 miles long and last about an hour and a quarter. We usually find a friendly café or similar for refreshments after the walk if you wish to join us.

On some walks a shortcut is possible for anyone wanting it. Please ask if you want more details about a specific walk.

Walks will normally take place whatever the weather but if a walk has to be cancelled for any reason, an email will be sent by 9am on the morning of the walk.

For further information or any queries please contact either Lynda on 01234 740788 or olivetree47@googlemail.com) or Laurie on 01525 403950 or lalowe@btinternet.com).

Date	Start point	Walk details
7 th April	Amphill Park, west car park	
21 st April	Maulden Woods, layby on A6 north of Clophill roundabout	Hopefully bluebells and other spring flowers in the woods. Some uneven terrain and hills, may be muddy in parts after rain
5 th May	The Chequers PH, Amphill Road, Houghton Conquest, MK45 3JP	Bluebells and cowslips if in flower. Some flat and grassy paths; uneven surfaces with hills and exposed roots in Kings Wood. May be muddy in places after rain
19 th May	Aspley Woods car park, Longslade Lane, off A5130 between Woburn and Woburn Sands	Some good paths, some uneven with exposed roots, some hills
2 nd June	Amphill Park, west car park	
16 th June	Silsoe, Village Hall car park, High St, opposite Amphill Rd, MK45 4DY	Mostly flat country paths
30 th June	Staples Garden Centre, between Flitwick and Millbrook	Some uneven terrain and hills
14 th July	Sharpenhoe Clappers car park just outside Streatley on Sharpenhoe road	Lovely varied walk with great views. Part easy grassy paths, part fairly rough terrain with exposed roots and hills
28 th July	Harlington Village Hall car park LU5 6LS, opp Carpenters Arms PH	Good views, mostly field edge paths, uneven terrain, some hills. 3.25 miles, no shortcut available. Could be muddy after rain