



Amphill Health Walkers

Programme August to November 2018

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
10 th August	Amphill Park, west car park	Hopefully the heather will be out on Cooper's Hill Nature Reserve
24 th August	Clophill, Flying Horse PH car park	Village and country paths to the old St Mary's church, now renovated to a heritage centre. An optional Tower Tour at the church has been agreed for those who missed it last time or those who want to go up again! Please register your interest with me as soon as possible. Cost £3 payable on the day.
7 th September	Cranfield, Cross Keys PH car park MK43 0JB	Good paths over to Marston Thrift
21 st September	Flitwick Leisure Centre <i>Please park at far end of car park</i>	Walk to Steppingley
5 th October	Amphill Park, west car park	Millbrook via Lower Farm
19 th October	Woburn, car park opposite the church	Deer park, open countryside and Georgian village. Good paths, couple of hills
2 nd November	Bedford Golf Club, Carnoustie Drive, Great Denham, MK40 4FF	Park on the right hand side of the car park. Flat, grassy or surfaced paths and a very welcoming bar afterwards
16 th November	Priory Country Park, Barkers Lane, Bedford	Flat riverside, lake and cycle paths