



Amphill Health Walkers

Programme 30th November 2018 to 8th March 2019

All walks (**except 14th December**) 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
30 th November	The George Inn, 6 George St, Maulden, MK45 2DF. Please park at far end of car park	A walk around the village and surrounding area. Mainly good flat paths, one fairly steep hill up to the church
14 th December	Dog and Badger PH, Maulden – walk and Christmas meal Please note today's walk starts at 11am	2.5 mile optional walk in Maulden Woods, hilly, uneven terrain, could be muddy if wet. Walk open to all even if not coming for the meal. 12.30 Christmas meal at the pub (must have been booked in advance)
28 th December	Amphill Park, west car park	A brisk local walk to blow the cobwebs away after all the Christmas festivities
11 th January	Wilstead, car park in Whitworth Way, behind the Methodist Church	Flat walking and good views in the village and countryside beyond
25 th January	Aspley Woods, car park in Longslade Lane, past Birch Inn (MK17 9HX)	Some good sandy paths, some uneven with exposed roots, some hills
8 th February	Flitvale Garden Centre, Flitwick Road, Westoning MK45 5AA. Please park near the entrance	Manor Park, town and edge of Flitwick wood. Mainly flat, good surfaces, some uneven with exposed roots
22 nd February	Amphill Park, west car park	A walk through the park, the town and Cooper's Hill
8 th March	The Compasses PH, High Street, Greenfield MK45 5DD	A walk round Flitton and Flitwick Moors