Health Walks In Buckinghamshire
1st April 2014 to 31st March 2015

Simply Walk

Simply Walk is funded by:
Buckinghamshire County Council
Aylesbury Vale District Council
Chiltern District Council

Burnham Health Promotion Trust
South Bucks District Council
Wycombe District Council
Donations
Simply Walk
Your Way To Better Health

Walking is an easy way to get more active, lose weight, improve your health and meet new people.

Why not start now on one of our volunteer led walks, organised as part of our Simply Walk scheme. Since the launch of the scheme in 2002, we now have more than 500 walkers joining us every week on over 50 walks across the beautiful county of Buckinghamshire.

The walks are free and designed to cater for everyone, allowing you to walk at your own pace, so don’t worry if you are unfit or have not exercised for a long time. Every walk is led by qualified volunteer walk leaders and back markers – so you’ll never get left behind.

To get started, simply follow these steps:

1) Choose your walk – using the key on page 4 to help decide which is best for you

2) Arrive 15 minutes before the walk departs to register with the walk leader

3) If you’re unsure or would like more information please get in touch with our Simply Walk Coordinator Fiona Broadbent on: 01494 475367, email: simplywalks@buckscc.gov.uk or visit www.buckscc.gov.uk/ simplywalk
Here’s what some of our walkers say about Simply Walk...

Simply Walk is a great initiative. I very much appreciate the efforts that the walk leaders put in to making the walks interesting and value the contact with other walkers and resulting friendships. One of the best things about Simply Walk is that you can just turn up and walk - no booking and no fees.

Having moved to the area 7 years ago not knowing anyone I started walking with Simply Walk and have made many friends. It is an excellent way of meeting new people and there is always someone to talk to if you want to.

I like the fact that it’s something regular to go to, and runs all year around, whatever the weather…it’s also nice that they offer longer and shorter versions of walks.

Help support Simply Walk & donate today

Judging by the fantastic feedback, we know Simply Walk is valued by everyone.

We are funded by a number of partners, but this does not cover the annual cost of £45,000 to run the scheme which includes coordination of the scheme (including more than 50 different walks), recruitment, training, support and resources for over 200 volunteer walk leaders, promotion and printing costs.

We wish to avoid setting up a subscription fee and therefore ask for voluntary donations to support and continue our highly successful scheme. If you would like to make a donation by cheque please use the form overleaf or alternatively donate online at: www.buckscc.gov.uk/simplywalk

Your help will be greatly appreciated,

thank you
Donation Form

Please make your cheque payable to Buckinghamshire County Council with the following details written on the back:
Simply Walk LPRW 256 / Cost Code 932636

Please post this form and cheque to:
Fiona Broadbent
Simply Walk Coordinator
Buckinghamshire County Council
Wycombe Area Office
Easton Street
High Wycombe HP11 1NH

Please accept my donation of:

£5 □  £10 □  £20 □
other: £

If you would like a receipt please tick this box: □

The following information is optional and if you choose to provide this, please be assured that all details will remain confidential and not shared outside of the Simply Walk scheme.

name: ________________________
address: ________________________

Find The Right Walk For You

❤️ Get started with walks over flat ground and no stiles. Up to 45 minutes

❤️ Occasional stile and gradient. Up to 60 minutes

❤️ Occasional stile and gradient. 60-90 minutes

❤️ Occasional stile and gradient. 90 minutes plus

Please note the red heart walks are “Progression Walks” and not part of the national Walking for Health Scheme

Refreshments available nearby

Parking charges apply

Well behaved dogs on non-extendable leads are permitted, at the discretion of the walk leader. It is the owners responsibility to ensure their pet is covered by liability insurance.

Please wear suitable clothing and footwear, bring a stick if you need one.
Programme of Walks

Monday

Chiltern

❤️ Holmer Green (3 walks)
10.15am. Meet at the Baptist Church in Holmer Green, HP15 6TB

❤️ Holmer Green (long walk)
10:00am. 2nd Monday of the month. Meet at the Baptist Church as above.

South Bucks

❤️❤️❤️❤️ Langley Park (2 walks)
10.00am. Meet in Car Park, SL0 0LT

Wycombe

❤️❤️ Downley Common
10.00am. Meet Old School Community Centre, School Close, HP13 5TR

❤️❤️ Downley Common Long Walk
10.00am. Meet Old School Community Centre, School Close, HP13 5TR
First Monday of every month

❤️❤️ Flackwell Heath
10.00am. Meet in Car Park, Old Kiln Road HP10 9NB

❤️ Lane End
10.00am. Meet Lane End Playing Fields’ Car Park, The Row, HP14 3JR

All walks are weekly, unless otherwise stated. Some walks do not operate on Bank Holidays, please contact Simply Walk beforehand.
Tuesday

**Aylesbury Vale**

- **Walton Court**
  11.30am. Meet at the Healthy Living Cntr, Hannon Rd, HP21 8TJ

- **Wendover**
  10.00am. Meet outside the Clock Tower, High St. HP22 6DX

- **Bedgrove (2 or 3 walks depending on group)**
  12.00pm. Meet outside Budgens, Jansel Square, HP21 7ET

**Chiltern**

- **Amersham**
  10.30am. Meet outside Tesco’s, HP7 0HA
  (right of cash machines)

- **Great Missenden**
  10.00am. Meet at the Memorial Hall, HP16 9AE

- **Chesham**
  9.00am. Meet at Hivings Free Church car park, HP5 2DB

**South Bucks**

- **Dorney/Taplow**
  2.00pm. Meeting point varies. Call 01628 661441 for details.
  Third Tuesday of every month

- **Denham Garden Village**
  3.00pm. Meet in the Winter Garden, Denham Garden Village
  UB9 SLB

- **Gerrards Cross**
  10.30am. Meet inside the Memorial Centre, 8 East Common
  Road SL9 7AD

**Wycombe**

- **Booker**
  10.00am. Meet at Judo Centre, Barry Close, HP12 4UE

- **Marlow (2 walks)**
  10.00am. Meet outside Court Gardens Leisure Centre,
  Pound Lane SL7 2AE
Wednesday

Aylesbury Vale

❤️ Haddenham
10.30am. Meet in the Library Car Park, Churchway, HP17. Alternate Wednesdays to the Stone walk (below).

❤️ Stone
10.30am. Meet outside The Methodist Chapel, Eythrope Road, Stone HP17 8PG. Alternate Wednesdays to the Haddenham walk. For dates of the Haddenham and Stone walks, please visit the website or contact Simply Walk

❤️ Winslow
10.00am. Meet at The St Laurence Room, Market Square (next to Lloyds Bank), Winslow.

Chiltern

❤️ Chalfont St Giles
10.00am. Meet on the village green, HP8 4QF

South Bucks

❤️ Burnham
10.00am. Meet at Burnham Park Hall, Burnham, SL1 7HR. First Wednesday of every month

❤️ Burnham Beeches
11.00am. Meet at the Cafe and Information Point on Lord Mayors Drive, Burnham Beeches. SL2 3PS. Call 01753 647358 for more information. Second Wednesday of every month

Wycombe

❤️ Princes Risborough
1.30pm. Meet at Princes Risborough Day Centre, Clifford Road, HP27 0DP

❤️ Hambleden
10.30am. Meet in car park behind Stag & Huntsman pub, RG9 6RP

❤️ The Rye
2.00pm. Meet in the car park of Wycombe Rye Lido, The Rye, HP11 1QX
Thursday

Aylesbury Vale

Wendover Woods
11.00am. Meet at cafe in main car park, HP22 SNQ
First Thursday of every month.

Chiltern

Chesham (2 walks)
10.30am. Meet at the Car Park, Moor Road HP5 1SE

South Bucks

Black Park, Wexham (2 walks)
10.00am. Meet in Car Park, SL3 6DR

Wycombe

Lane End (2 walks)
10.00am. Meet Lane End Playing Fields’ Car Park, The Row, HP14 3JR. The red walk ‘+’ is up to 6 miles / 2hrs plus, over rural terrain.

Loudwater
10.30am. Meet at Kingsmead Recreation Ground Car Park, on Kingsmead Road, Loudwater, HP11 1JQ. Alternate Thursdays to Flackwell Heath (below).

Flackwell Heath
10.30am. Meet Car Park, Old Kiln Road, Flackwell Heath, HP10 9NB. For dates of Loudwater and Flackwell Heath walks, please visit the website or contact Simply Walk.

Stokenchurch (2 walks)
10.00am. Meet at the Methodist Church HP14 3TZ

Downley
11.00am. Meet at the Old School Community Centre, School Close HP13 5TR
Friday

Aylesbury Vale

🌈 Bedgrove
11.00am. Meet outside Budgens, Jansel Square HP21 7ET
Alternate Fridays. For dates please visit the Simply Walk website or call Simply Walk.

💖💖💖 Buckingham (2 walks)
11.00am. Meet at Cornwall’s Meadow Car Park outside Waitrose MKT8 TRS

Chiltern

💖💖💖 Chalfont St Peter
10.30am. Meet at the CSP Community Centre SL9 9QX

South Bucks

💖💖💖 Burnham
10.00am. Meet at Cornerstone, St Peters’ Church, Church Street, SL1 7HX

Wycombe

💖💖💖 Micklefield
10.30am. Meet at Community Centre, Centre Approach, HP13 7HU
Weekend Walks

1st Sunday
💖💖 Denham (2 walks)
11:00am. Meet at Denham Village Green, Village Road, UB9 5BE

2nd Sunday
📍💖💖 Langley Park
11:00am. Meet in car park, SL0 0LT

3rd Saturday
📍💖 Iver Village
2:00pm. Meet in car park, rear of Village Hall, Grange Way off High St, SL0 9QA

3rd Sunday
📍💖💖 Burnham Beeches
2.30pm. Meet by café, Victory Cross, Lord Mayors Drive, SL2 3TE

4th Sunday
📍💖💖 Sunday Striders
Rural walk with optional pub lunch. Locations vary. Please call or see our website for details.
Nordic Walking is an enhancement of ordinary walking, it uses poles to engage the upper body muscles as well as the legs to give you a full body workout. It's easy to learn, eases pressure on joints and is a fantastic way to build up your fitness.

CHILTERN - Melissa Laing
Amersham, Missenden and Hyde Heath
T: 01494 778 518
E: melissaclaing@googlemail.com

SOUTH BUCKS - Jo Romaine
Burnham Beeches
T: 01753 644066 / 07733 321789
E: transformance4u@btinternet.com

WYCOMBE - Harriet Angell
Marlow
Tel: 07779 410382
E: harriet.angell@virgin.net

AYLESBURY - Hilary Warrell
Wendover, Aston Clinton, Tring
Tel: 07963252577
E: hgwarrell@hotmail.co.uk

For details of other sessions or activities visit www.leapwithus.org.uk
Walk Leaders & Back Markers needed...

Want to get involved in something really worthwhile and enjoyable?

Join our great team of volunteers helping others to improve their health.

“Simply Walk is one of the highlights of my week. I find it very satisfying leading a group on a walk accompanied by their constant chatter and happy faces.”

For more information on becoming a Walk Leader or the Simply Walk scheme contact, Simply Walk Coordinator Fiona Broadbent on:

t: 01494 475367
m: 07802 260812
e: simplywalks@buckscc.gov.uk
www.buckscc.gov.uk/simplywalk

Photograph of Simply Walk by John Cano-Lopez