

HEALTH WALKS SUMMER-AUTUMN 2021

THE AIM IS TO GET MOVING AND BREATHE SOME FRESH AIR
WHIST ENJOYING THE COUNTRYSIDE ON OUR DOORSTEP



Our walks will be on WEDNESDAY AFTERNOONS, led by Richard

The distance each week will vary from **four to eight** miles; we will let you know the week before how far it is. Most local walks will be fairly flat and we are likely to encounter gates and stiles on some of our walks. The South Downs Way "Taster Walks" will be harder walking and may include some long uphill sections. Proposed dates are below but will be confirmed as the season progresses:

- #1 19 May – local walk meet, Shipley at 12:45
- #2 26 May – local walk meet, Shipley at 12:45
- #3 2 June – local walk tba
- #4 16 June – South Downs Way "Taster Walk"
- #5 23 June – local walk tba
- #6 7 July – local walk tba
- #7 14 July – South Downs Way "Taster Walk"
- #8 21 July – local walk tba
- #9 11 August – local walk tba
- #10 25 August – local walk tba
- #11 8 September – local walk tba
- #12 15 September – local walk tba
- #13 22 September – South Downs Way "Taster Walk"
- #14 6 October (weather and conditions permitting)
- #15 20 October (weather and conditions permitting)



You must have;

- ✓ Good walking shoes or boots
- ✓ Weather-appropriate walking clothes
- ✓ Water/drinks bottle
- ✓ moderate fitness

You may wish to carry;

- ✓ a day bag (small rucksack)
- ✓ waterproof/warm clothing
- ✓ your drinks
- ✓ snacks / fruit

Dogs are permitted but must be on a lead on lanes, roads and when near other animals.



Logistics most walks will start and finish at the Shipley site, but others may start at Southwater, Copsale, Colgate, Roosthole or other local spots. SDW Taster Walks logistics will be discussed prior to the walk.

South Downs Way Challenge We hope to run this in 2022. This year we have included a few South Downs Way 'taster' walks which will be a little more challenging. If we hire a Minibus for the SDW tasters there may be a small charge to cover the cost.

If you wish to join the fun, please note of all the dates and let Richard know near to each date if you plan to join.

Any questions please ask Richard (Reg) on richardmharris60@gmail.com, or call 07503 347811



Please note we all walk at our own risk, and neither the organisers nor the Horsham & Shipley Community Project can be held responsible or be liable for any loss or injury.