

## Guidelines for joining the walks

Two trained walk leaders will be present during every walk. One will lead the walk and the other will follow at the rear of the group.

**First Walk:** You will need to complete a brief health and registration form upon attending your first walk. On subsequent walks you will need to sign the register.

**Booking:** There is no need to book a place, just turn up on the day!

Please dress sensibly for the weather and wear appropriate footwear for the conditions.

Dogs are allowed, but must be kept on a lead.

Please check with your doctor before joining a walk if you have any health concerns.

You may want to take a bottle of water with you, or a flask containing a hot drink in colder weather. We will try to stop for refreshments after every walk.

All walks are led by volunteers that have been trained by the 'Walking the Way to Health' initiative. .

**ACTIVE MELTON**



## Why walk with us?

For **HEALTH** - It strengthens your heart, bones and muscles. It can also help you to overcome Arthritis!!

For **WEALTH** - Its free!!

For **HAPPINESS** - It improves your mood!!

For **COMFORT** - It reduces stress and helps to calm your mind!!

For **JOY** - Meet new friends and see how much fun it can be!!



These walks have been accredited by Natural England

**FOR MORE INFORMATION ON ANY OF THESE WALKS PLEASE CONTACT:**

**Liz Ashbridge or Pete Carlill**  
Physical Activity Development Officer  
Melton Borough Council  
Nottingham Road  
Melton Mowbray  
Leicestershire  
LE13 0UL  
Tel: 01664 502502  
Email: [sports@melton.gov.uk](mailto:sports@melton.gov.uk)



# SENIOR WALKS

## Autumn/ Winter 2010-11



THE FRIENDS OF MELTON COUNTRY PARK

**Melton Seniors Forum**



Melton Borough Council

Tel: 01664 502502



**AUTUMN/WINTER PROGRAMME 2010-11:** The walking group offers two different types of walk so you can find a walk that is suitable for you. As there is a front and back leader, all walkers will be able to find their own pace.

**1 Heart:** Walks are between 30 minutes and one hour in duration. Good surfaces on fairly flat routes with no stiles. They are suitable for newcomers to walking.

**2 Hearts:** Walks are up to 90 minutes covering a variety of paths, which may be uphill and over stiles. Paths may be uneven or muddy

Date	Level	Walk Location	Date	Level	Walk Location
Thursday 30 September	2 Hearts 	Rutland Water 	Thursday 30 December	NO WALK THIS WEEK	
Thursday 07 October	1 Heart 	Melton Country Park	Thursday 06 January	2 Hearts 	Redmile
Thursday 14 October	2 Hearts 	Hickling Canal	Thursday 13 January	1 Heart 	Melton Country Park
Thursday 21 October	1 Heart 	Melton Country Park	Thursday 20 January	2 Hearts 	Woolsthorpe Canal
Thursday 28 October	2 Hearts 	Edmonthorpe	Thursday 27 January	1 Heart 	Meal & Melton Country Park
Thursday 04 November	1 Heart 	Melton Country Park	Thursday 03 February	2 Hearts 	Saxelbye
Thursday 11 November	2 Hearts 	Burton Lazars	Thursday 10 February	1 Heart 	Melton Country Park
Thursday 18 November	1 Heart 	Melton Country Park	Thursday 17 February	2 Hearts 	Watermead Country Park (Parking Cost Applies)
Thursday 25 November	2 Hearts 	Waltham on the Wolds	Thursday 24 February	1 Heart 	Melton Country Park
Thursday 02 December	1 Heart 	Melton Country Park	Thursday 03 March	2 Hearts 	Frisby on the Wreake
Thursday 09 December	2 Hearts 	Gate's Nursery	Thursday 10 March	1 Heart 	Melton Country Park
Thursday 16 December	1 Heart 	Melton Country Park	Thursday 17 March	2 Hearts 	Morkery Wood
Thursday 23 December	NO WALK THIS WEEK		Thursday 24 March	1 Heart 	Melton Country Park

#### MEETING PLACES

**1 HEART WALKS:** Meet at Melton Country Park Visitor Centre at end of Wymondham Way at 1:30pm

**2 HEART WALKS:** Meet at Wilton Park at 1:30pm to travel to destination

**Did you know: the No. 16 Bus stops on Wymondham Way, just a short walk from the Melton Country Park Visitor Centre?!**

All walks may change at short notice. The meeting time and place will always remain the same. In the event of a cancellation, a representative will be at the meeting point to meet anyone who could not be contacted. If you are in doubt then please feel free to contact us!