

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:

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SENIOR WALKS

AUTUMN 2011 / WINTER 2012



THE FRIENDS OF MELTON COUNTRY PARK

Melton
Seniors
Forum



Melton Borough Council

Tel: 01664 502502



AUTUMN 2011/ WINTER 2012 PROGRAMME: 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 29 September	2 Hearts 	Waltham-on-the-Wolds	Thursday 29 December	NO WALK THIS WEEK	
Thursday 06 October	1 Heart 	Melton Country Park	Thursday 05 January	2 Hearts 	Rutland Water
Thursday 13 October	2 Hearts 	Edmondthorpe	Thursday 12 January	1 Heart 	Melton Country Park
Thursday 20 October	1 Heart 	Melton Country Park	Thursday 19 January	2 Hearts 	Harby
Thursday 27 October	2 Hearts 	Ashby Folville	Thursday 26 January	1 Heart 	Melton Country Park & Meal
Thursday 03 November	1 Heart 	Melton Country Park	Thursday 02 February	2 Hearts 	Exton
Thursday 10 November	2 Hearts 	Woolsthorpe Canal	Thursday 09 February	1 Heart 	Melton Country Park
Thursday 17 November	1 Heart 	Melton Country Park	Thursday 16 February	2 Hearts 	Saxelbye
Thursday 24 November	2 Hearts 	Twyford	Thursday 23 February	1 Heart 	Melton Country Park & Meeting
Thursday 01 December	1 Heart 	Melton Country Park	Thursday 01 March	2 Hearts 	Watermead
Thursday 08 December	2 Hearts 	Hickling Canal	Thursday 08 March	1 Heart 	Melton Country Park
Thursday 15 December	1 Heart 	Melton Country Park	Thursday 15 March	2 Hearts 	Gate's Nursery
Thursday 22 December	2 Hearts 	Asfordby	Thursday 22 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 EGERTON 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!