

## 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**  
Physical Activity Coordinator  
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# SENIOR WALKS

## Spring/ Summer 2010



THE FRIENDS OF MELTON COUNTRY PARK

**Melton  
Seniors  
Forum**



Melton Borough Council





















Tel: 01664 502502



**SPRING/ SUMMER PROGRAMME 2010:** 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 01 April	2 Hearts		Woolsthorpe Canal	Thursday 02 July	1 Heart		Melton Country Park
Thursday 08 April	1 Heart		Melton Country Park	Thursday 09 July	2 Hearts		Gaddesby
Thursday 15 April	2 Hearts		Holwell	Thursday 16 July	1 Heart		Melton Country Park
Thursday 22 April	1 Heart		Melton Country Park	Thursday 23 July	2 Hearts		Burton Lazars
Thursday 29 April	2 Hearts		Rhubarb Island	Thursday 30 July	1 Heart		Melton Country Park
Thursday 06 May	1 Heart		Melton Country Park	Thursday 05 August	2 Hearts		Rearsby 
Thursday 13 May	2 Hearts		Redmile	Thursday 12 August	Annual Day Trip: Dovedale		
Thursday 20 May	1 Heart		Melton Country Park	Thursday 19 August	2 Hearts		Frisby-on-the-Wreake
Thursday 27 May	2 Hearts		Wymondham	Thursday 26 August	1 Heart		Melton Country Park
Thursday 03 June	1 Heart		Melton Country Park	Thursday 02 September	2 Hearts		Twyford
Thursday 10 June	2 Hearts		Barkby 	Thursday 09 September	1 Heart		Melton Country Park
Thursday 17 June	1 Heart		Melton Country Park	Thursday 16 September	2 Hearts		Morkery Wood
Thursday 24 June	2 Hearts		Stonesby	Thursday 23 September	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!