

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 leaders 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.

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 ABOUT THE WALKS PLEASE CONTACT:

Liz Cresswell
Physical Activity Coordinator
Melton Borough Council
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Melton Mowbray
Leicestershire
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SENIOR WALKS

October 2009 – March 2010

Melton Borough Council

Tel: 01664 502502



OCTOBER 2009 TO MARCH 2010 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 in places. Therefore appropriate footwear must be worn.

Date	Level	Walk Location	Date	Level	Walk Location
Thursday 01 October	2 Hearts 	Asfordby	Thursday 31 December	NO WALK THIS WEEK!	
Thursday 08 October	1 Heart 	Melton Country Park	Thursday 07 January	2 Hearts 	Redmile
Thursday 15 October	2 Hearts 	Boat Inn to Rhubarb Island	Thursday 14 January	1 Heart 	Melton Country Park & Meal
Thursday 22 October	1 Heart 	Melton Country Park	Thursday 21 January	2 Hearts 	Eaton
Thursday 29 October	2 Hearts 	Burton Lazars	Thursday 28 January	1 Heart 	Melton Country Park
Thursday 05 November	1 Heart 	Melton Country Park	Thursday 04 February	2 Hearts 	Twyford
Thursday 12 November	2 Hearts 	Edmondthorpe	Thursday 11 February	1 Heart 	Melton Country Park
Thursday 19 November	1 Heart 	Melton Country Park	Thursday 18 February	2 Hearts 	Rearsby
Thursday 26 November	2 Hearts 	Hickling Canal	Thursday 25 February	1 Heart 	Melton Country Park
Thursday 03 December	1 Heart 	Melton Country Park	Thursday 04 March	2 Hearts 	Morkery Wood
Thursday 10 December	2 Hearts 	Sileby	Thursday 11 March	1 Heart 	Melton Country Park
Thursday 17 December	1 Heart 	Melton Country Park	Thursday 18 March	2 Hearts 	Gate's Nursery
Thursday 24 December	NO WALK THIS WEEK!		Thursday 25 March	1 Heart 	Melton Country Park

MEETING PLACES

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

2 HEART WALKS: Leave Leicester Road Sports Ground 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!