

Walking for Well-Being - January - April - 2012

Date	Meeting Point	Walk & Leader	Grid Ref. & Post Code
Tu. 3 rd Jan. 10.30 am	Rayne Station, Station Road, Rayne	Walk 4.75 miles out to Panfield via Duckend Green and back across the Airstrip with Peter T.	Expl. 195 726 223 CM77 6RX
Tu. 10 th Jan. 10.30 am	Playing Field CP, Church Road, Gosfield	Short Walk with Colin - 2.5 miles over Gosfield aerodrome.	Expl. 195 781 296 CO9 1UD
Wed. 11 th Jan. 1.30 pm	Village Green, Wethersfield	4.5 miles with Myrna across the fields to Finchingfield, and back along Finchingfield Brook, Robjohns, Sculpins Bridge and Petches Bridge.	Expl. 195 712 313 CM7 4BY
Tu. 17 th Jan. 1.30 pm	St Michael's Church, Braintree	4.5 miles with Mike and Peter T on the anniversary of John Ray's death (1705) taking in important sites in Braintree and Black Notley. Park anywhere in town centre.	Expl. 195 \$%1 00/ CM7 1EY
Wed. 25 th Jan. 1.30 pm	Community House, Gage's Road, Belchamp St Paul	Approx 5 miles around the footpaths of Belchamp St Paul and Belchamp Otten with Ann R. Parking at the community house.	Expl. 210 788 421 CO10 7BX
Tu. 31 st Jan. 10.30 am	Spring Lane, Lexden, Colchester	A chance to meet John Everard and be led by Lotte over the hills and far away to the castle and return along the valley. Length 4 ½ miles. Park at end of cul-de-sac .	Expl.184 971 253 CO3 4AN
Tu. 7 th Feb. 10.30 am	Courtaulds Sports Ground, Colchester Rd., Halstead	Short Walk -Join Linda for a 2 mile stroll through East Mill Lane, Star Style and open countryside.	Expl. 195 822 304 CO9 2ES
Wed. 8 th Feb. 1.30 pm	Museum of Power" Maldon Road, Langford	* 5.5 mile walk with Lorraine and Peter along the river bank to Hoe Mill Lock returning via country lanes, footpaths and Beeleigh Falls. Either drop in for a coffee at the Tea Rooms before the walk or possible car park charge.	Expl. 183 834 091 CM9 6QA
Tu. 14 th Feb. 10.30 am	Memorial Hall CP, Castle Hedingham	Approx 5 mile walk through the Hedinghams with Anne K.	Expl. 195 784 355 CO9 3DA
Wed. 22 nd Feb. 1.30 pm	Country Park CP, Station Road, Clare	4.5 mile walk with Colin via Bench Barn Farm and Hermitage Farm. (Charge applies in CP).	Expl. 210 770 451. CO10 8NJ
Tu. 28 th Feb. 10.30 am	Hatfield Forest NT CP, Hatfield Broad Oak	Join Lawrence for a walk through the forest, onto the Flitch Way and the Harcamlow Way, returning via Bush End (5 miles).	Expl. 195 547 202 CM22 6NE
Tu. 6 th Mar. 10.30 am	Pebmarsh Village Hall, The Street, Pebmarsh	Short Walk with Trevor, approx. 3 miles, to explore the lanes and footpaths of Pebmarsh. [CP free]	Expl.195 854 335 CO9 2NH
Wed. 7 th Mar. 2.00 pm	Great Easton Church, The Endway, Great Easton, near Dunmow	5 miles with Mike taking in Tilty, Duton Hill, Millend Green and Bush Wood. [Park anywhere in the village.]	Expl. 195 607 255 CM6 2HG
Tu. 13 th Mar. 10.30 am	Rodbridge Corner Picnic Site, Borley Road, Long Melford	Trevor's Birthday Walk. Start from Rodbridge Picnic Site and discover Sudbury Common and the disused railway. Approx. 5 miles. [CP free.]	Expl. 196 857 436 CO10 9HH
Wed. 21 st Mar. 2.00 pm	Rectory Lane, Rivenhall	About 4.5 miles across the fields to Silver End and return with Bill.	Expl. 183 823 167 CM8 3HJ
Tu. 27 th Mar. 10.30 am	Butler Road CP, Halstead	Join Linda for a 5 mile circular walk via Boxmill Lane, Wash & Mill farms to Toldishall Cottages (between Little & Great applestead) returning via Dynes Hall, Hepworth Hall, Does Corner and Box Mill.	Expl. 195 811 306 CO9 1LL
Tu. 3 rd Apr. 10.30 am	Village Green, Terling	Short Walk - Join Lorraine & Peter at the village green in Terling (park down The Dismals) for a 3 mile wander around the lanes and field paths.	Expl. 183 771 150 CM3 2PN
Wed. 4 th Apr. 2.00 pm	Pebmarsh Village Hall, The Street, Pebmarsh	Approx. 6 mile Figure 8 walk with Trevor from the Village Hall to Cross End, Barn House, Oak Farm, Hamsters, Cages, Stanley Hall, Spoons Hall, & Water Lane. [CP free]	Expl. 195 854 335 CO9 2NH
Tu. 10 th Apr. 10.30 am	Public CP, The Green, Long Melford	5 mile walk with Colin via Kentwell Hall. [CP is opposite entrance to Long Melford Hall]	Expl. 196 51% #10 CO10 9DX
Wed. 18 th Apr. 2.00 pm	The Village Pumps, Toppesfield	Enjoy the views and the bluebells around Toppesfield, approx 5 miles with Ann R.	Expl. 195 738 374 CO9 4DR
Tu. 24 th Apr. 10.30 am	Village Hall CP, Station Road (Bures Road), White Colne	5 mile walk on White Colne Heritage Trail to Chalkney Woods with Anne K, hopefully to see some bluebells, and return by blackcurrent fields.	Expl. 195 870 290 CO6 2QA

Guideline for Walkers

The following guidelines have been compiled by the walk leaders for the guidance of walkers and to enable their full enjoyment in the Walking-for-Wellbeing Programme. They are based on the experiences of the leaders and of the group members on previous walks of this nature.

A fundamental principle is that each individual walker is responsible for deciding and providing whatever they consider they will need to participate on the walks, although for Health and Safety purposes they 'must be appropriately equipped for the occasion'. Walk Leaders, who devise the routes to be walked and are aware of the conditions to be encountered, have the right to refuse any walker whom they consider to be inadequately equipped. These guidelines aim to provide information about the walks and to assist you in deciding what to wear/carry on the walks.

General

- All walkers are asked to carry their name and a contact number in case of emergency;
- Walks take place in all weathers and on variable terrain (on the road, in fields, on footpaths, on flat ground, on uneven ground, up hill, down hill);
- If there are dangerous weather conditions, please ring BDC;
- Walks are arranged, to sustain the interest of walkers, both within the Braintree District and beyond. Access to transport is therefore an advantage;
- At the beginning of a walk the walk leader will provide information on the route as well as likely conditions and any known hazards along the route;
- Similarly, whilst en-route the walk leaders will point out any hazards, and unusual or irregular features of interest;
- All walkers are expected to remain alert during the course of the walks and to recognise the normal everyday hazards and requirements when using the highways or when off road, especially if there are frosty or slippery conditions;
- Please inform the leader if you intend to leave the walk at any time;
- Dogs must be kept on a short, fixed lead at all times and be able to negotiate stiles;
- Car share when possible;
- All walks are circular unless stated otherwise.

Clothing

- Listen to the weather forecast on the day and wear the appropriate level/layers of clothing (normally dictated by the time of year);
- Be properly equipped (too much rather than too little) - remember weather can change so carry rain protection, hat & gloves in a rucksack;
- Use gaiters to keep mud etc. off of trouser legs.

Footwear

- Wear sturdy footwear (preferably boots as they provide better support underfoot, as well as weather and ankle protection);
- Ensure your footwear has a good tread on the sole and is waterproof ('wear-in' new footwear prior to using it on the walks);
- Use synthetic or wool/synthetic cushioned socks with flat seams on the toes to protect feet.

Other suggested items

- Sun cream and cap/hat;
- Water bottle or a flask to keep the body fluid levels up (Essential in warm weather);
- A banana for the half distance stop - (Dextro Energy tablets provide fast action against fatigue);
- A small first-aid pack with plasters and antiseptic ointment to handle minor cuts/grazes etc.
- A telescopic lightweight walking stick to help on up or down or slippery gradients;
- Camera and lightweight binoculars if they will add to your interest.

Important reminders

Litter and leftover food (including fruit skins) can be dangerous to animals and spread disease, so please take it away with you.

Public footpaths are 1 - 1.8 metres wide, but the land on either side is private. Please respect this;

If anyone has a problem of any kind whatsoever, however trivial or important, bring it to the notice of one of the walk leaders immediately;

As a walker you have a normal duty of care to yourself, to the walk leader(s) and to your fellow walkers;

Above all, enjoy your walking.

**For further information
please contact:**

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