

Healthy Walks Programme - January to April 2008

Date	Venue	Time	Leader	Notes
January				
8th	Plume of Feathers Ickleford	10am	Mary and Peter	
15th	Tesco rear car park Baldock	10am	Sarah et al	
22nd	Bikerdikes Garden Centre Norton	10am	Mary and Peter	
29th	Standalone Farm. first car park	10am	Angela and Bob	Longer walk with lunch at the Wilbury
February				
5th	Council Offices Gernon Road	11am to 4pm	Claire	Walk Leader Training
12th	Three Horseshoes Willian	10am	Helen	
19th	Standalone Farm first car park	10am	Angela and Bob	Coffee at Bickerdikes
26th	George IV London Road Baldock	10am	Peter and Mary	Longer walk with lunch
March				
4th	Three Tuns Ashwell	10am	Helen	
11th	Tesco rear car park	10am	Sarah et al	
18th	Three Moorhens Hitchin	10am	Angela and Bob	
25th	Motte and Bailey Pirton	10am	Helen	Longer walk with lunch
April				
1st	Plume of Feathers Ickleford	10am	Peter and Mary	
8th	The Wilbury Letchworth	10am	Angela and Bob	
15th	The Cricketers	10am	Peter and Mary	

	Weston			
22nd	Park in Rookes Close Letchworth	10am	Helen	Coffee at Nadines
29th	Park in road by Brocket Arms	10am	Anne and Harry	Longer walk with lunch at Red Lion Welwyn

Walks leave promptly and unless otherwise stated and will be 1-1¼ hours duration and 3-3½ miles long.

Dogs joining the walk must be kept on a lead.

The walks are lead by volunteers supported by NHDC 50+ team who can be contacted on 01462 474226