

## Walking 4 Health Basingstoke

### Wednesday evening walks – June – Sept 2010

Date (Wed evening)	Time 7pm – 8pm approx unless stated	Start place	Leader
30 June	7pm	Basing Woods on Carpenters Down – behind Popley Fields Community Centre RG24 9AE	Nayana Cintra/Emily Weller (forestry commission rangers)
7 July	7pm	Car Park at Viabes Centre, The Harrow Way RG22 4BJ	Teresa / Mike
14 July	7pm – 8.15pm	Health Centre car park, Manor Lane, Old Basing RG24 7EA	Tony
21 July	7pm	Car Park nearest Mothercare at Hatchwarren Shopping Centre RG22 4TT	Mike and Clare (very brisk pace)
28 July	7pm	Ridgeway Centre, Blackdown Close, Buckskin RG22 4BJ	Peter
4 August	7pm	West Ham Leisure Park – outside Bowplex	Diane
11 August	7pm – 8.15pm	Old Basing Infant School Milkingpen Lane RG24 7DL	Tony
18 August	7pm	Oakley School, Oakley Lane Lay-by outside RG23 7JZ	Jenny / Margot
25 August	7pm	Car Park at Crabtree Plantation on A30 at Old Basing	Clare / Mike
1 Sept	7pm	The Boathouse at Eastrop Park, Eastrop Way, Basingstoke RG21	Diane
8 Sept	7pm	Hatchwarren – car park outside Argos RG22 4TT	Peter
15 Sept	7pm	Lychpit Centre car park. Great Binfields Road RG24 8TF	Tony
22 Sept	7pm	Car park at Salvation Army hall/Cordale Road RG21 3LA (near King of Wessex PH)	Diane

**THESE WALKS ARE GENERALLY A FAIRLY FAST PACE  
ABOUT 3 MILES IN AN HOUR**

**PLEASE BRING WATER TO DRINK IF IT IS HOT**

**FOR FURTHER INFORMATION PLEASE CONTACT JANE WILDING ON  
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