



## **WALKING FOR HEALTH – WEEKEND WALKS**

### **Monthly Every Last Sunday – setting off at 2.30pm**

Meet Jennifer on the last Sunday every Month at the layby outside the village school at 2.15pm for a 2.30pm start. Dress for the weather and bring a drink.

### **SUNDAY 3 July 2011 – setting off at 2.30pm**

A walk of about 1.5 hours at a moderate pace - led by Patricia.

Meet at the lower car park at Down Grange sports complex off Pack Lane Kempshott, Basingstoke, RG22 5HH - is the postcode for the Rugby Club which is based at Down Grange - it is next to the car park from where the walk will start. Dress for the weather and bring a drink.

### **SUNDAY 14 August – setting off at 11am – led by Mike**

A six-mile Countryside, Canal and Castle walk.

Start: 11am Fox & Goose PH, The Street, Greywell, RG29 1BY - (Please park where directed). Return: Approx 2pm.

Starting at the Fox & Goose we'll be going through Greywell Hill Park coming out at the Western end of the Greywell Tunnel and along the Basingstoke Canal to Up Natley. From there we'll be crossing White Hill to join the Three Castles Path where we'll stop for a lunch break. We'll then follow the Three Castles Path as it descends to the Greywell Mill, along the River Whitewater, past St Mary's Church and back to the Basingstoke Canal. We'll call in at the remains of the Odiham Castle then continue to the Eastern end of the Greywell Tunnel and back to the Fox & Goose for a well-earned drink!

This walk includes a couple of small hills and a few stiles. Parts of the walk may be a bit boggy if wet. Please bring a light lunch as preferred.

Contact Mike O'Neill 07778 064566