

Get Walking!

We hope these short walks get more people out walking; walking can help you stay healthy, live longer and keep happy. No need to book, just turn up at the start on the day wearing your walking boots!

We lead short walks starting from Henley Town Hall on the 2nd and 4th Saturday each month, plus various other walks throughout the month. All walks in this leaflet are around 5 miles or less.

The first couple of walks are free "tasters". If you enjoy them, we would ask you to then consider becoming a member of Ramblers to help support us.

Contact Alie on 07894 580413 for more information.



Health walks

Looking for something shorter and easier, or how about a quick pace 5 mile walk? **Sonning Common Health Walks** and **Goring Gap Health Walks** take up to 90 minutes and are designed to help everyone get active through walking. <http://www.goringgapwalks.co.uk/> and <http://www.sonningcommonhealthwalks.co.uk/timetable>

Walking for Health is run by the Ramblers and Macmillan Cancer Support. By sharing walking and health expertise we enable 600 Health Walks group schemes to offer short, free, local health walks in communities across England.



Get involved!

Ramblers organize walks, encourage walking and safeguard over 100,000 miles of public paths and 1 million hectares of open access land in England and Wales. Volunteers also save paths from getting blocked, closed or badly diverted. Henley and Goring group have an active social programme and organize trips away in the UK and Europe. Do visit our website for more information.



The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW



Henley & Goring

Ramblers

ramblers
at the heart of walking

Short Walks Programme

Oct 2016 –

March 2017

Approx 5 miles or less



<http://www.ramblers-oxon.org.uk/HG.htm>

<http://www.ramblers.org.uk>



Tues 4 Oct 10:30 Moderate 5.5 miles

Spade Oak car park off A4155 Marlow to Bourne End, SL7 3RR Across Thames Cockmarsh, gentle climb to Cookham Dean return along Thames. Pub stop. 01628 473257 / 07722 423267

Sat 8 Oct 14:00 Leisurely 5 miles

Henley, Town Hall. To Toad Hall garden centre for tea via Henley Deer park; (distance can be halved by catching bus back). 01491 573722

Wed 12 Oct 10:30 Moderate 5 miles

Ewelme Cow Common car park, OX10 6PG Undulating circular walk, towards Britwell Salome, back Swans Way, Grindon Lane. 01491 641567 / 07748 662184

Wed 19 Oct 10:30 Leisurely 4 miles

Hambleden, public car park. RG9 6SE Leisurely walk in Hambleden valley. Pub stop at the end. 01491 575727 / 07738 760360

Sat 22 Oct 14:00 Leisurely 5 miles

Henley, Town Hall. Lambridge Woods, back via Oxfordshire Way. 01491 871255 / 07462 404011

Sun 23 Oct 10:30 Moderate 4.75 miles

Dorchester, Bridge End car park. OX10 7LJ Pretty, circular walk through edge of Dorchester out to Day's Lock and across the river to Wittenham Clumps. 01491 575994 / 07796 953242

Tues 1 Nov 11:00 Leisurely 3.2 miles

Hambleden, public car park. RG9 6SE Fields and woods of the Hamble valley and Rotten Row. Pub stop at the end. 01491 578610 / 07799 763740

Thu 10 Nov 14:00 Moderate 5.6 miles

Pishill, the Crown PH.RG9 6HS Turville Heath Stonor, Southend; some hills. Pub stop at the end. Brian & Carolyn Maunder 01491 573722

Sat 12 Nov 14:00 Leisurely 5.2 miles

Henley Town Hall. White Hill,Culham Crt,Remenham Hill. 01628473257/ 07722423267

Thur 17 Nov 10:30 Leisurely 5 miles

Medmenham, Ferry Lane. SL7 2HE Mill End, Thames Tow Path. Pub stop at the end. 01491 412330 / 07747 842023

Sat 26 Nov 14:00 Leisurely 5 miles

Henley, Town Hall. Along the river to Shiplake back via Harpsden Woods. 07848 690032

Tues 6 Dec 11:00 Leisurely 3.5 miles

Hurley, Dewdrop Inn.SL6 6RH Fields and woods around Ashley Hill. Pub stop at end. 01491 578610 / 07799 763740

Sat 10 Dec 14:00 Moderate 5 miles

Henley Town Hall. Lower Hernes, Rotherfield Greys, back Pack&Prime Lane. 01491574968/ 07564984591

Thur 15 Dec 10:45 Moderate 5 miles

Pishill, the Crown PH. RG9 6SG Meet in the pub car park from 10:30 to pre-order drinks. 2 walk choices: 5m and 4m. Carol Service @13:15. Lunch @14:30. Two courses plus tea or coffee, with vegetarian option. £15. Contact leader to book and pay by 10 Dec. 01491 680109 / 07835 872791.

Thur 29 Dec 10:30 Moderate 5 miles

Nettlebed, The Old Kiln. RG9 5AX Undulating circular walk, via Warburg Nature Reserve, Crocker End. Pub stop. 01491 641567 / 07748 662184

Sat 14 Jan 14:00 Leisurely 4 miles

Henley, Town Hall. Harpsden Bottom, Hunts Farm. 01491 412330 / 07747 842023

Wed 18 Jan 10:30 Moderate 5 miles

Nettlebed, The Old Kiln. RG9 5AX Undulating circular walk, via Howberry Wood and English Farm. Pub stop. 01491 641567 / 07748 662184

Wed 25 Jan 10:00 Moderate 5 miles

Hailey, King William PH (car park).OX10 6AD Well Place, Homer, Ridgeway, Grim's Ditch, possibly muddy. Pub stop at end. 01491 200364 / 07758 865538

Wed 1 Feb 10:30 Moderate 5.5 miles

Cookley Green, by Bus Shelter.RG9 6EQ Undulating circular walk. 01491 641567 / 07748 662184

Wed 8 Feb 11:00 Leisurely 3 miles

Fingest, the church. Upper Hamble Valley; good views. Pub stop at the end. 01491 578610 / 07799 763740

Sat 11 Feb 14:00 Leisurely 5 miles

Henley, Town Hall. Hambleden Lock, Aston, Remenham. 01491 871255

Sat 25 Feb 14:00 Leisurely 4 miles

Henley Town Hall. Happy Valley, Pack&Prime Ln, Cowfields. 01491412330/ 07747842023

Wed 1 Mar 10:00 Leisurely 4 miles

Henley, Mill Lane car park. RG9 3HY Drawback Hill, Harpsden Valley and Shiplake. 01491 575727 / 07738 760360

Wed 8 Mar 11:00 Leisurely 3 miles

Dorchester, Bridge End car park. Historic walk around Dorchester to Days Lock. Pub stop at end. 01491 578610 / 07799 763740

Sat 11 Mar 14:00 Leisurely 5 miles

Henley, Town Hall. Rotherfield Greys, House Farm. 01491 640858 / 07894 580413

Thur 23 Mar 10:00 Moderate 5.6 miles

Maidensgrove Common RG9 6HA. Circular walk via Bix Bottom and Crocker End. Pub stop at the end. 0118 954 3266 / 07050 203800

Sat 25 Mar 14:00 Leisurely 5 miles

Henley, Town Hall. Marsh Lock, Peppard Lane, Harpsden. 01491 412330/ 07747842023

Wed 29 Mar 10:30 Moderate 5.5 miles

Nuffield, church car park. Scenic walk in the local area. Registered Assistance Dogs only. 01491 641567 / 07748 662184

Thur 30 Mar 10:00 Moderate 6 miles

South End Common. Skirmett, Fingest and Turville. Tea/coffee stop at the Barn on Turville Heath. 01491 575842 / 07505 7337328

**use of mobile phone only on day of the walk*