

Lyndhurst Health Walks



NOTE – Walks will be dependent on Government guidelines. Booking essential. Join us for some interesting, *free walks* around the Lyndhurst area, about 3 miles, with our friendly group led by qualified leaders. Walks generally last for 60-90 minutes. Meet by 10.20am at the following locations, for a 10.30am start. Booking essential, 5 days before a walk, closing by 12 noon the day before the walk, by emailing the organizers: cke.walkingforhealth@gmail.com You will need to provide your first name, surname and a contact number when booking.

Meet at 10.20am at the following locations. Walks start at 10.30am.

6th August	Pondhead Walk from Beechen Lane , SO43 7DD. What3words: workflow.allows.ruffle.
13th August	Cadman' Pool Car Park Nearest Post Code SO43 7HL. Map Ref SU 2295 1217. What3words: donor.saddens.part
20th August	Knightwood Oak Car Park , Bolderwood Arboretum Ornamental Drive Nearest Post Code, SO42 7QB. Map Ref: SU 26480 06388. What3words: slate.sigh.according
27th August	Millyford Bridge Car Park Nearest postcode is unreliable. Grid Reference SU 26774 07877. What3words: intention.scam.topic
3rd August 18th August	We are also organising two longer walks per month, approximately 4-5½ miles, from the following car parks, leaving at 10.30 am. Booking essential. Deerleap Car Park SO40 4UH. Map Reference SU 35304 09508. What3words: skinny.early.lately Ashurst Camp Site SO40 7AA. Map Reference SU 33148 10106. What3words: harp.growth.voltages

BOOKING ESSENTIAL.

**Well behaved dogs on short leads are welcome. All walks are at your own risk.
We strongly recommend that you wear walking boots as paths can be muddy after rain.**

