



Milton Abbas Wellbeing Team Walking Group

Below is detailed the schedule of walks planned for the month of July.

Please note: All walks will be on a Wednesday and at 10.00 am unless otherwise stated. Where it is stated on a walk, a shorter distance is possible, for those of the group that wish to do the full length then the Walk Leader will accompany those individuals. In some cases, a walk may have a point where it can be shortened leaving a straightforward quiet road walk for the remainder to return to the starting point. **The pace of the walks will be set at the pace of the slowest.**

| Date | Distance | Location | Walk Leader | Notes |
|-----------------------|--|--|-------------|---|
| 3 rd July | 3.0 miles (242ft ascent) | Milton Abbas (Park near the pub) | Neil | Track behind Surgery can be muddy after rain. |
| 10 th July | 5.7 miles (651ft ascent) | Durleston Country Park (Swanage) Park in Car Park meet in front of entrance to Castle | Peter | One fairly steep climb. One or two places can be muddy after heavy rain. |
| 17 th July | 3.1 miles (312ft ascent) | Winterborne Whitechurch (PLEASE NOTE – Park near the Church Do not park in Village Hall car park) | James | Ability to shorten the walk by ½ mile for those who would like a shorter distance. Possibly muddy in one or two small parts of route. |
| 24 th July | 3.5 miles (338ft ascent) Or Dorset Gap 3.75 miles (290ft ascent) | Ansty (Park in the Fox pub car park to the left) | Jenny | Ability to shorten the walk by approx. 0.7 miles for those who would like a shorter distance. OR Dorset Gap walk 3.75 miles. Some places can be muddy after prolonged rain. Decision on which walk to be decided on the day based on conditions and participants wishes |
| 31 st July | 2.9 miles (253ft ascent) Or 4.5 miles (325ft ascent) | Bere Regis (Car Park near the Dr's Surgery) | Peter | Some tracks can be muddy in places after prolonged rain. Decision on which walk to be decided on the day by the participants |

The Walk Leaders would be happy to consider adding other walks to the itinerary if they meet the agreed criteria of being as inclusive as possible for all people wishing to attend and specifically should be:

- Up to 4 miles (with the ability to shorten the length for those less able)
- Circular
- Car parking facilities at start
- Easy access stiles (preferably kissing gates etc)
- Limited ascent