

CHINNOR & DISTRICT U3A
Long Walks Group Programme
October 2008 to March 2009

All walks start at 10.00am unless otherwise indicated and are normally on the first Tuesday of the month. All other notes and advice are on a separate sheet which accompanies this programme and should be retained for future reference.

- 7 October Port Meadow, Oxford. Park in the large, free car park at Lower Wolvercote, GR SP487094. A flat, easy 5 ½ mile walk around Port Meadow, along the River Thames and the Oxford Canal. No stiles. Optional pub stop at end.
Leader: Tony Clark
- 4 November Around Cuxham. Meet at Pyrton, nr Watlington, GR SU689961. Park around the small green by a farm and Tara House. Parking limited so try to share cars. A level 6 mile walk around the old open field boundaries of Cuxham. The records of these are in the care of Merton College. 4 stiles and some short road walking, may be muddy in parts.
Leaders: Ros Noy & Alison Orr
- 2 December Henley. Meet in the free car park by the football club in Mill Lane and near the Thames and Marsh Lock on the Reading side of the town, SU772817. Mill Lane is a turning off the A4155 Reading road. An easy 7 mile walk to Henley Bridge, Thames Path. Hambleden Lock, Aston and Remenham Church Lane. Another attempt to do the walk rained off in June.
Leaders: Rosie & Peter Hetherington.
- 6 January An eco walk of 6 ½ miles. Catch the no.40 bus from Chinnor Village Centre at 9.52am to the top of Aston Hill. Walk from there, GR SU745974, down to the Ridgeway and along to Bledlow for optional pub stop before returning to Chinnor. No stiles and mostly downhill.
Leaders: Clive & Jean Bray.
- 3 February Cadmore End Park opposite the school, GR SU783927. A circular walk of 5 ½ to 6 miles to Ibstone, Turville and Fingest. Some hills.
Leaders: Marie & Bob Wolfe
- 3 March Meet at parking area in Wigan's Lane, one mile south of Bledlow village on left (going south) near sharp bend, GR SP786008. A 5-6 mile walk via Lodge Hill and Saunderton
Leader: Sheila Peters.

Would walks leaders please ensure that their mobile 'phone is switched on prior to their walk so that they can be contacted by any late-comers or by anyone who is lost.

Tony Clark. Long Walks Group Leader

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Additional Advice and Information

GR is the grid reference as shown on Ordnance Survey maps and SP and SU indicate the appropriate 100km square.

Members are reminded to wear suitable footwear, preferably walking boots, and to be prepared for rain. A trekking pole is useful as it takes the strain off the legs and helps one to stay upright in wet and muddy conditions.

Members are permitted to bring their dogs on walks at the discretion of the walk leader. Owners will be fully responsible for the behaviour of their dogs at all times. Members may bring children on walks providing they are used to coping with the distance and terrain and are well behaved. Please contact the walk leader beforehand if you wish to bring a dog or a child. Dogs must be put on leads when requested by the walk leader.

Please try to car share wherever possible. If you require more information about a walk contact the walk leader.

It is advisable to bring some light refreshment with you, especially water.

This additional information is required for insurance purposes. Whilst due care will be taken to avoid accidents, walking can be a dangerous activity and you should know that neither the walk leader nor Chinnor & District U3A can accept responsibility for any personal injury or the loss of any item.

All members of the Long Walks Group must accept these conditions and pay an occasional subscription of £1-00 to cover the coordinator's expenses.

The above conditions apply to any guest walker who is not a member of the Group or of the U3A.