

January 2022 Lifewalks Calendar Meeting Places and Gradients.

- Mid week walks start at 10am and weekend walks start at 10.30am.
- Walks can be booked onto up to 11am the day before the walk.
- **COST** : You can either Pay as you go or become a member
Pay as You Go : £2.60.
PRE PAID : 6 Months £32, 1 Year £62
- **FIRST WALK FREE**: If you have never attended Lifewalks before we are offering you the chance to attend your first walk free of charge please contact Karen Murray on kmurray@eppingforestdc.gov.uk
- **Booking your place**. If you would like to join a walk, please book a place on line at <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 4pm Monday to Friday)

Cut off for booking your walk	Walk day
Sun 11am	Monday
Mon 11am	Tuesday
Wed 11am	Thursday
Sat 11am	Sunday

- There will be **35** spaces on each walk.
- We use the Lee Valley Park for a lot of our walks, here are their parking fees for your information <https://www.visitleevalley.org.uk/parking-at-our-open-spaces>
- Please note if you attend a Lifewalk at *The White Water Centre you need to enter your car registration details on site on the day of the walk to obtain free parking. A Lifewalk team member will be on hand to assist you on the day of the walk.
- If you are unable to attend, please let us know so we don't wait for you and delay the start of the walk. You can leave a message on 01992 564360 or email kmurray@eppingforestdc.gov.uk leaving your full name and the walk details that you wish to cancel: date and time.
- Please do not turn up for a walk without booking as we will have to turn you away.
- Please be aware walks may be cancelled at short notice. All pre booked walkers will be informed, if possible, please give a mobile phone as your contact when booking.
- You **MUST NOT** attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#)
- If you are unable to attend a session due to the above then please inform us and any paid session will be credited to use within a one-month period

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Gradients

Level A walks: Flat, hard surface paths. Occasionally short slopes or a short stretch of grass but that's all, so everyone can do a level A walk. **Level B walks:** Part of the route will include a grass or earth path section, and/or two or three short slopes, or one longer but gentle slope. Those walks therefore need a bit more effort. If you have any breathing or mobility problems, do a few A walks before Level B. **Level C walks:** Include either a long or steep hill on good walking surfaces, or have a longish grass or earth path section. **Level D walks:** Long steep hills and also may have an earth path section, which can be hard to walk on. **Please do not come on a level C or D walk until you feel comfortable walking the A and B walks**

* You will need to enter your car registration on site at these walks

DATE	TIME	LEADERS	WALK NO & Meeting Point.	MILES	LEVEL
First walk back 4th Jan					
Tues 4 th Jan	10am	AO & DC	4 Hooks Marsh	2.25	A
Thurs 6 th Jan	10am	Karen & DC	2 Fishers Grn Overflow	1.8	A
Sun 9th Jan	10.30am	SH & RN	28 Warlies	2.3	C
Mon 10 th Jan	10am	SL & DC	13 Fishers Green	1.75	B
Tues 11 th Jan	10am	AO & DC	5 Fishers Green	2.6	A
Thurs 13 th Jan	10am	Karen & DC	24 Gunpowder Park	2.9	B
Sun 16th Jan	10.30am	SH & DC	9 * White Water	2.34	A
Mon 17 th Jan	10am	Karen & DC	17 Hooks Marsh	2.25	B
Tues 18 th Jan	10am	AO & DC	26 Clayton Hill	2.75	C
Thurs 20 th Jan	10am	Karen & DC	6 Hooks Marsh	2.25	A
Sun 23rd Jan	10.30am	SH & CB	11 Gunpowder Park	2	B
Mon 24 th Jan	10am	Karen & DC	1 Abbey Garden Car Park	0.8 to 1.6	A
Tues 25 th Jan	10am	AO & DC	21 Fishers Green	3.98	B
Thurs 27 th Jan	10am	SL & DC	8* White Water Centre	1.75	A
Sun 30th Jan	10.30am	SH & DC	3 Fishers Green	1.8	A
Mon 31 st Jan	10am	Karen & DC	7 Hooks Marsh	2	A