

November and December 2021 Lifewalks Calendar 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
Fri 11am	Saturday
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>
- 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](https://www.nhs.uk)
- 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

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**

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DATE	TIME	LEADERS	WALK NO & Meeting pt.	MILES	LEVEL
Mon 1 st Nov	10am	DC & Kevin	10 Green Acre	1.7	B
Tues 2 nd Nov	10am	DC & AO	32 Gernon Bushes	1.8	D
Thurs 4 th Nov	10am	DC & JS	8* White Water Centre	1.75	A
Sat 6th Nov	10.30am	RN & CB	13 Fishers Green	1.75	B
Sun 7th Nov	10.30am	DC & SH	26 Clayton Hill	2.75	C
Mon 8 th Nov	10am	DC& Karen	31 North Weald V. Hall	2.2	D
Tues 9 th Nov	10am	DC & AO	4 Hooks Marsh	2.25	A
Thurs 11 th Nov	10am	DC& Karen	19 Highwood Lane	1.8	A
Sat 13th Nov	10.30am	RN & CB	28 Warlies	2.3	C
Sun 14th Nov	10.30am	SH& Karen	2 Fishers Grn overflow	1.8	A
Mon 15 th Nov	10am	DC & Kevin	11 Gunpowder Park	2	B
Tues 16 th Nov	10am	DC & AO	20 by David Lloyd	2.25	B
Thur 18 th Nov	10am	DC & JS	16A StonardsHill C P	1.9	B
Sat 20th Nov	10.30am	RN & CB	13 Fishers Green	1.75	B
Sun 21st Nov	10.30am	DC & SH	17 Hooks Marsh	2.25	B
Mon 22nd Nov	10am	DC& Karen	2 Fishers Grn overflow	1.8	A
Tues 23 rd Nov	10am	DC & AO	6 Hooks Marsh	2.25	A
Thur 25 th Nov	10am	DC& Karen	9* White Water Centre	2.34	A
Sat 27th Nov	10.30am	RN & CB	26 Clayton Hill	2.75	C
Sun 28th Nov	10.30am	SH& Karen	24 Gunpowder Park	2.9	B
Mon 29 th Nov	10am	DC & Kevin	1 AbbeyGardenCar Park	0.8 to 1.6	A
Tues 30 th Nov	10am	DC & AO	21 Fishers Green	3	B
Thurs 2 nd Dec	10am	DC & JS	18 Roding Rd Car Park	2	B
Sat 4th Dec	10.30am	RN & Karen	3 Fishers Green	1.8	A
Sun 5th Dec	10.30am	DC & SH	8*White Water Centre	1.75	A
Mon 6 th Dec	10am	DC & Kevin	7 Hooks Marsh	2	A
Tues 7 th Dec	10am	DC & AO	16A StonardsHill C P	1.9	B
Thurs 9 th Dec	10am	DC & JS	17 Hooks Marsh	2.25	B
Sat 11th Dec	10.30am	RN & CB	2 Fishers Grn overflow	1.8	A
Sun 12th Dec	10.30am	SH& Karen	28 Warlies	2.3	C
Mon 13 th Dec	10am	DC & Karen	4 Hooks Marsh	2.25	A
Tues 14th Dec	10am	DC & AO	5 Fishers Green	2.6	A
Thurs 16 th Dec	10am	DC & Karen	24 Gunpowder Park	2.9	B
Thurs 16 th Dec	After Walk Christmas Lunch. Speak to walk leader for further details				
Sat 18th Dec	10.30am	RN & CB	13 Fishers Green	1.75	B
Sun 19th Dec	10.30am	DC & SH	26 Clayton Hill	2.75	C
Mon 20 th Dec	10am	Karen& Kevin	1 AbbeyGardenCar Park	0.8 to 1.6	A
Tues 21 st Dec	10am	Karen & AO	31 North Weald V. Hall	2.2	D
Thurs 23 rd Dec	10am	Karen & JS	11 Gunpowder Park	2	B
Sat 25th Dec to 3rd Jan	NO WALKS				

* Car registration required when booking this walk