* Due to COVID-19, everyone needs to take steps to stay safe. Please follow all safety advice given by the walk leader, and keep 2 metres distance where possible. <https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx?utm_source=Chairs+%26+Secretaries+March+Update&utm_campaign=4833a2f0b4-Coronavirus+-+guidance+for+volunteers&utm_medium=email&utm_term=0_3b89ec9bef-4833a2f0b4-49837360>
* Mid week walks will continue to start at 10am and weekend walks will revert back to a 10.30am start.
* 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](mailto: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.
* 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](mailto: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/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/)
* 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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| **DATE** | **TIME** | **LEADERS** | **WALK NO & Meeting pt.** | **MILES** | **LEVEL** |
| Thurs 2ndSept | 10am | ? & KM | 18 Roding Rd Car Park | 2 | B |
| **Sat 4th Sept** | **10.30am** | **CB & RN** | **30 Jacks Hill** | 1.8 | C |
| **Sun 5th Sept** | **10am** | **MM & SH** | **6 Hooks Marsh** | 2.25 | A |
| Mon 6th Sept | 10am | JS & DC | 10 Green Acre | 1.7 | B |
| Tues 7th Sept | 10am | AO & DC | 32 Gernon Bushes | 1.8 | D |
| Thurs 9thSept | 10am | Kevin & DC | 9\* White Water Centre | 2.34 | A |
| **Sat 11thSept** | **10.30am** | **RN &CB** | **12 Nursery Road** | **1.7** | **B** |
| **Sun 12thSept** | **10.30am** | **SH & DC** | **15 Cornmill Meadow** | **1.25to2.25** | B |
| Mon 13th Sept | 10am | EN & DC | 25 Fyfield | 3 | C |
| Tues 14thSept | 10am | AO & DC | 4 Hooks Marsh | 2.25 | A |
| Thurs16thSept | 10am | DC & EN | 19 Highwood Lane | 1.8 | A |
| **Sat 18thSept** | **10.30am** | **CB & RN** | **28 Warlies** | **2.3** | **C** |
| **Sun 19thSept** | **10.30am** | **SH & NJ** | **2 Fishers Grn overflow** | **1.8** | **A** |
| Mon 20th Sept | 10am | EN & DC | 16A **New**Stonards Hill CP | 1.9 | B |
| Tues 21stSept | 10am | AO & DC | 31 North Weald V. Hall | 2.2 | D |
| Thur23rdSept | 10am | EN & AO | 20 by David Lloyd | 2.25 | B |
| **Sat25th Sept** | **10.30am** | **CB & RN** | **14 Cornmill Meadow** | **1.85** | **B** |
| **Sun26th Sept** | **10.30am** | **SH & DC** | **17 Hooks Marsh** | **2.25** | **B** |
| Mon 27th Sept | 10am | DC & AO | 29 Jacks Hill | 1.9 | C |
| Tues28th Sept | 10am | DC & AO | 32 Gernon Bushes | 1.8 | D |
| Thur30th Sept | 10am | AO & EN | 8\* White Water Centre | 1.75 | A |
| **Sat 2nd Oct** | **10.30am** | **CB & RN** | **26 Clayton Hill** | **2.75** | **C** |
| **Sun 3rd Oct** | **10.30am** | **SH & NJ** | **11Gunpowder Park** | **2** | **B** |
| Mon 4th Oct | 10am | DC & EN | 1 AbbeyGardenCar Park | 0.8 to 1.6 | A |
| Tues 5th Oct | 10am | AO & DC | 21 Fishers Green | 3 | B |
| Thurs 7th Oct | 10am | DC & EN | 18 Roding Rd Car Park | 2 | B |
| **Sat 9th Oct** | **10.30am** | **CB & KM** | **3 Fishers Green** | **1.8** | **A** |
| **Sun 10th Oct** | **10.30am** | **SH & DC** | **12 Nursery Rd Car Park** | **1.7** | **B** |
| Mon 11th Oct | 10am | DC & EN | 25 Fyfield | 3 | C |
| Tues 12th Oct | 10am | AO & DC | 20 by David Lloyd | 2.25 | B |
| Thurs 14th Oct | 10am | EN & DC | 10 Green Acre | 1.7 | B |
| **Sat 16th Oct** | **10.30am** | **RN & CB** | **7 Hooks Marsh** | **2** | **A** |
| **Sun 17th Oct** | **10.30am** | **SH & NJ** | **28 Warlies** | **2.3** | **C** |
| Mon 18th Oct | 10am | DC & EN | 30 Jacks Hill | 1.8 | C |
| Tues 19th Oct | 10am | AO & DC | 19 Highwood Lane | 1.8 | A |
| Thurs 21st Oct | 10am | EN& DC | 9\* White Water Centre | 2.34 | A |
| **Sat 23rd Oct** | **10.30am** | **? & RN** | **13 Fishers Green** | **1.75** | **B** |
| **Sun 24th Oct** | **10.30am** | **SH & DC** | **26 Clayton Hill** | **2.75** | **C** |
| Mon 25th Oct | 10am | EN & ? | 1 AbbeyGardenCar Park | 0.8 to 1.6 | A |
| Tues 26th Oct | 10am | ? & AO | 31 North Weald V. Hall | 2.2 | D |
| Thurs 28th Oct | 10am | EN & ? | 24 Gunpowder Park | 2.9 | B |
| **Sat 30th Oct** | **10.30am** | RN &  **CB** | 4 Hooks Marsh | 2.25 | A |
| **Sun 31st Oct** | **10.30am** | SH & NJ | **29 Jacks Hill** | **1.9** | **C** |
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