

2nd Sept/ Oct 2021 Lifewalks

- 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
- **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 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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DATE	TIME	LEADERS	WALK NO & Meeting pt.	MILES	LEVEL
Thurs 2 nd Sept	10am	JS & KM	18 Roding Rd Car Park	2	B
Sat 4 th Sept	10.30am	CB & RN	30 Jacks Hill	1.8	C
Sun 5 th Sept	10am	MM & SH	6 Hooks Marsh	2.25	A
Mon 6 th Sept	10am	JS & DC	10 Green Acre	1.7	B
Tues 7 th Sept	10am	AO & DC	32 Gernon Bushes	1.8	D
Thurs 9 th Sept	10am	Kevin & DC	9* White Water Centre	2.34	A
Sat 11 th Sept	10.30am	RN & CB	12 Nursery Road	1.7	B
Sun 12 th Sept	10.30am	SH & DC	15 Cornmill Meadow	1.25to2.25	B
Mon 13 th Sept	10am	EN & DC	25 Fyfield	3	C
Tues 14 th Sept	10am	AO & DC	4 Hooks Marsh	2.25	A
Thurs 16 th Sept	10am	DC & EN	19 Highwood Lane	1.8	A
Sat 18 th Sept	10.30am	CB & RN	28 Warlies	2.3	C
Sun 19 th Sept	10.30am	SH & NJ	2 Fishers Grn overflow	1.8	A
Mon 20 th Sept	10am	EN & DC	16A NewStonards Hill CP	1.9	B
Tues 21 st Sept	10am	AO & DC	31 North Weald V. Hall	2.2	D
Thur 23 rd Sept	10am	EN & DC	20 by David Lloyd	2.25	B
Sat 25 th Sept	10.30am	CB & RN	14 Cornmill Meadow	1.85	B
Sun 26 th Sept	10.30am	SH & DC	17 Hooks Marsh	2.25	B
Mon 27 th Sept	10am	DC & AO	29 Jacks Hill	1.9	C
Tues 28 th Sept	10am	DC & AO	32 Gernon Bushes	1.8	D
Thur 30 th Sept	10am	DC & EN	8* White Water Centre	1.75	A
Sat 2 nd Oct	10.30am	CB & RN	26 Clayton Hill	2.75	C
Sun 3 rd Oct	10.30am	SH & NJ	11 Gunpowder Park	2	B
Mon 4 th Oct	10am	DC & EN	1 Abbey Garden Car Park	0.8 to 1.6	A
Tues 5 th Oct	10am	AO & DC	21 Fishers Green	3	B
Thurs 7 th Oct	10am	DC & EN	18 Roding Rd Car Park	2	B
Sat 9 th Oct	10.30am	CB & KM	3 Fishers Green	1.8	A
Sun 10 th Oct	10.30am	SH & DC	12 Nursery Rd Car Park	1.7	B
Mon 11 th Oct	10am	DC & EN	21 Fishers Green	3	B
Tues 12 th Oct	10am	AO & DC	20 by David Lloyd	2.25	B
Thurs 14 th Oct	10am	EN & DC	10 Green Acre	1.7	B
Sat 16 th Oct	10.30am	RN & CB	7 Hooks Marsh	2	A
Sun 17 th Oct	10.30am	SH & NJ	28 Warlies	2.3	C
Mon 18 th Oct	10am	DC & EN	30 Jacks Hill	1.8	C
Tues 19 th Oct	10am	AO & DC	19 Highwood Lane	1.8	A
Thurs 21 st Oct	10am	EN & DC	9* White Water Centre	2.34	A
Sat 23 rd Oct	10.30am	AO & SH	13 Fishers Green	1.75	B
Sun 24 th Oct	10.30am	SH & DC	26 Clayton Hill	2.75	C
Mon 25 th Oct	10am	Kevin & AO	1 Abbey Garden Car Park	0.8 to 1.6	A

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Tues 26 th Oct	10am	KM & AO	31 North Weald V. Hall	2.2	D
Thurs 28 th Oct	10am	Kevin & AO	24 Gunpowder Park	2.9	B
Sat 30 th Oct	10.30am	RN & CB	4 Hooks Marsh	2.25	A
Sun 31 st Oct	10.30am	SH & NJ	29 Jacks Hill	1.9	C