



FITSTEPS HEALTHWALKS IN MALDON AND S.CHELMSFORD from 01.01.2010 to 31.03.2010

Date	Day	Time	Walk No/Distance	Venue/Car Park	Location	Suitability
03.01.10	Sun	10h00	Heybridge 5 or 18	Daisy Meadow (Basin), CM9 4RP	Sea wall & canal path	All
05.01.10	Tue	10h00	Maldon 6 – 1.8m	Blackwater Leisure Cen. CM9 5UR	Sea wall & field paths	All
07.01.10	Thu	10h00	Danbury 23 – 2.2m	Mayes Lane, CM3 4NJ	Danbury Common	Improvers
10.01.10	Sun	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
12.01.10	Tue	10h00	Tollesbury 3&4 – 2.6m	Woodrolfe Green Space, CM9 8RY	Quiet roads & lanes	All
14.01.10	Thu	10h00	Heybridge 11 – 2.1m	Tesco Store (West), CM9 4LE	Elms Farm Park	All
17.01.10	Sun	10h00	Maldon 15 – 2.2m	White Horse Lane, CM9 5EU	Town & Promenade Park	All
19.01.10	Tue	10h00	Danbury 25 – 2.5m	Mayes Lane, CM3 4NJ	Danbury Village	All
21.01.10	Thu	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
24.01.10	Sun	10h00	Mundon 29 – 2.1m	White Horse PH(Mundon), CM9 6PD	Goat farm & St.Mary's	All
26.01.10	Tue	10h00	Heybridge 5 or 18	Daisy Meadow (Basin), CM9 4RP	Sea wall & canal path	All
28.01.10	Thu	10h00	Maldon 6 or 16	Blackwater Leisure Cen. CM9 5UR	Sea wall/Promenade Park	All
31.01.10	Sun	10h00	Danbury 23 – 2.2m	Mayes Lane, CM3 4NJ	Danbury Common	Improvers
02.02.10	Tue	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	All
04.02.10	Thu	10h00	Tollesbury 3&4 – 2.6m	Woodrolfe Green, CM9 8RY	Quiet roads & lanes	All
07.02.10	Sun	10h00	Heybridge 11 – 2.1m	Tesco Store (West), CM9 4LE	Elms Farm Park	All
09.02.10	Tue	10h00	Maldon 24 or 27	Morrisons Store (East), CM9 6GG	Town or Nature Reserve	All
11.02.10	Thu	10h00	Danbury 23 or 25	Mayes Lane, CM3 4NJ	Danbury Common/ Village	All
14.02.10	Sun	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
16.02.10	Tue	10h00	Tollesbury 3&4 – 2.6m	Woodrolfe Green, CM9 8RY	Quiet roads & lanes	All
18.02.10	Thu	10h00	Heybridge 5 or 18	Daisy Meadow (Basin), CM9 4RP	Sea wall & canal path	All
21.02.10	Sun	10h00	Maldon 28 – 2.2m	White Horse Lane, CM9 5EU	Town & Promenade Park	All
23.02.10	Tue	10h00	Danbury 23 – 2.2m	Mayes Lane, CM3 4NJ	Danbury Common	Improvers
25.02.10	Thu	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
28.02.10	Sun	10h00	Maldon 24 or 27	Morrisons Store (East), CM9 6GG	Town or Nature Reserve	All
02.03.10	Tue	10h00	Heybridge 11 – 2.1m	Tesco Store (West), CM9 4LE	Elms Farm Park	All
04.03.10	Thu	10h00	Mundon 29 – 2.1m	White Horse PH(Mundon), CM9 6PD	Goat farm & St.Mary's	All
07.03.10	Sun	10h00	Danbury 25 – 2.5m	Mayes Lane, CM3 4NJ	Danbury Village	All
09.03.10	Tue	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
11.03.10	Thu	10h00	Tollesbury 3&4 – 2.6m	Woodrolfe Green, CM9 8RY	Quiet roads & lanes	All
14.03.10	Sun	10h00	Heybridge 5 or 18	Daisy Meadow (Basin), CM9 4RP	Sea wall & canal path	All
16.03.10	Tue	10h00	Maldon 6 – 1.8m	Blackwater Leisure Cen. CM9 5UR	Sea wall & field paths	All
18.03.10	Thu	10h00	Danbury 23 or 25	Mayes Lane, CM3 4NJ	Danbury Common/ Village	All
21.03.10	Sun	10h00	SWF 1&2 – 3.6m	Marsh Fm.Rd. (Riverside), CM3 7AU	Marsh Farm & Crouch	Improvers
23.03.10	Tue	10h00	Tollesbury 3&4 – 2.6m	Woodrolfe Green, CM9 8RY	Quiet roads & lanes	All
25.03.10	Thu	10h00	Heybridge 11 – 2.1m	Tesco Store (West), CM9 4LE	Elms Farm Park	All
28.03.10	Sun	10h00	Maldon 15 – 2.2m	White Horse Lane, CM9 5EU	Town & Promenade Park	All
30.03.10	Tue	10h00	Danbury 23 or 25	Mayes Lane, CM3 4NJ	Danbury Common/ Village	All



FITSTEPS HEALTHWALKS IN THE DENGIE from 01.01.2010 to 31.03.2010

Date	Day	Time	Walk No/Distance	Venue/Car Park	Location	Suitability	
07.01.10	Thu	10h00	Burnham 7 – 1.6m	Foundry Lane Surgery, CM0 8TB	Country Park & Crouch	All	
14.01.10	Thu	10h00	Tillingham 10 – 2.5m	West Field/Church, CM0 7SQ	Quiet roads & fieldpaths	Improvers	
21.01.10	Thu	10h15	S'minster 13 – 2.8m	High Street Surgery, CM0 7EX	Quiet roads & fieldpaths	Improvers	
28.01.10	Thu	10h00	Burnham 8 – 1.8m	Foundry Lane Surgery, CM0 8TB	Field paths & Crouch	All	
04.02.10	Thu	10h00	Tillingham 20 – 2.0m	West Field/Church, CM0 7SQ	Quiet roads & St Peter's	All	
11.02.10	Thu	10h15	S'minster 14 – 2.0m	High Street Surgery, CM0 7EX	Quiet roads & by-pass	All	
18.02.10	Thu	10h00	Burnham 7 – 1.6m	Foundry Lane Surgery, CM0 8TB	Country Park & Crouch	All	
25.02.10	Thu	10h00	Tillingham 10 – 2.5m	West Field/Church, CM0 7SQ	Quiet roads & fieldpaths	Improvers	
04.03.10	Thu	10h15	S'minster 13 – 2.8m	High Street Surgery, CM0 7EX	Quiet roads & fieldpaths	Improvers	
11.03.10	Thu	10h00	Burnham 8 – 1.8m	Foundry Lane Surgery, CM0 8TB	Field paths & Crouch	All	
18.03.10	Thu	10h00	Tillingham 20 – 2.0m	West Field/Church, CM0 7SQ	Quiet roads & St. Peter's	All	
25.03.10	Thu	10h15	S'minster 14 – 2.0m	High Street Surgery, CM0 7EX	Quiet roads & by-pass	All	

The above is our Walks Diary for the current quarter. Please note that, over time, some routes have become longer and faster and, as such, may now be more suitable for those walkers who have attained an improved level of fitness. There are also a few dates without volunteer cover so, if you would still like to do the walks on your own and need more information you can contact me on the number shown. Lastly, please remember that you do need to have appropriate footwear, especially when negotiating uneven terrain on some seawalls and field footpaths. For more information, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk

FITSTEPS BEGINNERS WALKS IN MALDON from 01.01.2010 to 31.03.2010

Date	Day	Time	Walk No./Distance	Venue/Car Park	Location	Suitability	
Weekly	Fri	10h00	Maldon 16a – 1m+	Blackwater Leisure Cen. CM9 5UR	Promenade Park	Beginners	

This series of walks is intended for those FitSteps members who, for various reasons, are only able to participate in walks of up to 1.0 mile, on flat footpaths or pavements. The walks are led by a small team of dedicated, WHI trained Volunteers, whose aim is to help our members improve their fitness and move up to the next level of healthwalks. For more information please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or call Maureen Pomphrett directly on 01621 856392

FITSTEPS LONGER COUNTRY WALKS from 01.01.2010 to 31.03.2010

Date	Day	Time	Walk No/Distance	Venue/Car Park	Location	Suitability	
08.01.10	Fri	10h00	W. Mortimer – 6.0m	Morrisons Store, CM9 6GG	Circular Walk	Improvers	
24.01.10	Sun	10h00	Goldhanger – 4.5m	Goldhanger Church, CM9 8AX	Village & sea wall	Improvers	
01.02.10	Mon	10h00	Hatfield Peverel – 5.0m	Scouts & Guides HQ, CM3 2HZ	Three Rivers Walk	Improvers	
05.02.10	Fri	10h00	Hoe Mill – 6.0m	Tesco Store, CM9 4LE	Circular Walk	Improvers	
21.02.10	Sun	10h00	Danbury Park – 4.0m	Mayes Lane, CM3 4NJ	Country Park	Improvers	
01.03.10	Mon	10h00	Stock – 5.5m	All Saints Church, CM4 9QW	St. Peter's Way	Improvers	
05.03.10	Fri	10h00	Tollesbury – 5.0m	Woodrolfe Green, CM9 8RY	North & South	Improvers	
28.03.10	Sun	10h00	Gt. Totham – 4.0m	Tesco Store, CM9 4LE	Circular Walk	Improvers	
12.04.10	Mon	10h00	Tollesbury – 6.0m	West Square, CM9 8QZ	Nature Reserve	Improvers	

These walks are intended for those walkers who have attained an improved level of fitness and can now manage more challenging country routes, at a faster pace. The walks are led by trained volunteers, vary between 4 and 6 miles and may have a car sharing element. **Please note that these walks are now covered by the Fitsteps WHI Public Liability Insurance.** Suitable footwear and waterproof clothing are recommended. If you think that you may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk

