



FITSTEPS HEALTHWALKS IN MALDON AND S.CHELMSFORD from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|------------------|------|--------------------------------|---------------------------|--|--|
| 01.07.10 | Thu | 10h00 | Danbury 23/25 | 2-3 | Mayes Lane CP, CM3 4NJ | Danbury Common/Village | | |
| 04.07.10 | Sun | 10h00 | Historical Tour | 2-3 | See programme for details | | | |
| 06.07.10 | Tue | 10h00 | Heybridge 5/18 | 1-4 | Daisy Meadow CP, CM9 4RP | Village /Sea Wall/Canal | | |
| 08.07.10 | Thu | 10h00 | Maldon 6/16 | 1.8 | Blackwater LC, CM9 5UR | Sea Wall/Promenade Park | | |
| 11.07.10 | Sun | 10h00 | Mundon 29 | 2-3 | White Horse PH, CM9 6PD | Village/Church/Goat Farm | | |
| 13.07.10 | Tue | 10h00 | SWF 1/2 | 3.6 | Marsh Fm. (Riverside), CM3 7AU | Marsh Farm/Sea Wall/River | | |
| 15.07.10 | Thu | 10h00 | Tollesbury 3/4 | 2.6 | Woodrolfe Green CP, CM9 8RY | Village/Yacht Marina | | |
| 18.07.10 | Sun | 10h00 | T'hunt D'Arcy 31 | 2.8 | Village Hall, CM9 8UA | Outdoor gym/Village | | |
| 20.07.10 | Tue | 10h00 | Danbury 23/25 | 2-3 | Mayes Lane CP, CM3 4NJ | Danbury Common/Village | | |
| 22.07.10 | Thu | 10h00 | Heybridge 11 | 2.1 | Tesco Store, CM9 4LE | Elms Farm Park | | |
| 25.07.10 | Sun | 14h00 | Social Event | | See Newsletter for details | | | |
| 27.07.10 | Tue | 10h00 | Heybridge 5/18 | 1-4 | Daisy Meadow CP, CM9 4RP | Village /Sea Wall/Canal | | |
| 29.07.10 | Thu | 10h00 | SWF 1/2 | 3.6 | Marsh Fm. (Riverside), CM3 7AU | Marsh Farm/Sea Wall/River | | |
| 01.08.10 | Sun | 10h00 | Historical Tour | 2-3 | See programme for details | | | |
| 03.08.10 | Tue | 10h00 | Maldon 6/16 | 1.8 | Blackwater LC, CM9 5UR | Sea Wall/Promenade Park | | |
| 05.08.10 | Thu | 10h00 | Danbury 23/25 | 2-3 | Mayes Lane CP, CM3 4NJ | Danbury Common/Village | | |
| 08.08.10 | Sun | 10h00 | T'hunt D'Arcy 31 | 2.8 | Village Hall, CM9 8UA | Outdoor gym/Village | | |
| 10.08.10 | Tue | 10h00 | Heybridge 11 | 2.1 | Tesco Store, CM9 4LE | Elms Farm Park | | |
| 12.08.10 | Thu | 10h00 | Maldon 6/16 | 1.8 | Blackwater LC, CM9 5UR | Sea Wall/Promenade Park | | |
| 15.08.10 | Sun | 10h00 | Mundon 29 | 2-3 | White Horse PH, CM9 6PD | Village/Church/Goat Farm | | |
| 17.08.10 | Tue | 10h00 | SWF 1/2 | 3.6 | Marsh Fm. (Riverside), CM3 7AU | Marsh Farm/Sea Wall/River | | |
| 19.08.10 | Thu | 10h00 | Tollesbury 3/4 | 2.6 | Woodrolfe Green CP, CM9 8RY | Village/Yacht Marina | | |
| 22.08.10 | Sun | 10h00 | Maldon 24/27 | 2-3 | Morrison's Store, CM9 6GG | Town/Nature Reserve | | |
| 24.08.10 | Tue | 10h00 | Danbury 23/25 | 2-3 | Mayes Lane CP, CM3 4NJ | Danbury Common/Village | | |
| 26.08.10 | Thu | 10h00 | Heybridge 5/18 | 1-4 | Daisy Meadow CP, CM9 4RP | Village /Sea Wall/Canal | | |
| 29.08.10 | Sun | 10h00 | Orienteering | 1.0+ | See Newsletter for details | | | |
| 31.08.10 | Tue | 10h00 | Heybridge 11 | 2.1 | Tesco Store, CM9 4LE | Elms Farm Park | | |
| 02.09.10 | Thu | 10h00 | SWF 1/2 | 3.6 | Marsh Fm. (Riverside), CM3 7AU | Marsh Farm/Sea Wall/River | | |
| 05.09.10 | Sun | 10h00 | Historical Tour | 2-3 | See programme for details | | | |
| 07.09.10 | Tue | 10h00 | Tollesbury 3/4 | 2.6 | Woodrolfe Green CP, CM9 8RY | Village/Yacht Marina | | |
| 09.09.10 | Thu | 10h00 | Maldon 24/27 | 2-3 | Morrison's Store, CM9 6GG | Town/Nature Reserve | | |
| 12.09.10 | Sun | 10h00 | T'hunt D'Arcy 31 | 2.8 | Village Hall, CM9 8UA | Outdoor gym/Village | | |
| 14.09.10 | Tue | 10h00 | Heybridge 5/18 | 1-4 | Daisy Meadow CP, CM9 4RP | Village /Sea Wall/Canal | | |
| 16.09.10 | Thu | 10h00 | Danbury 23/25 | 2-3 | Mayes Lane CP, CM3 4NJ | Danbury Common/Village | | |
| 19.09.10 | Sun | 10h00 | Longer Walk | 2-3 | See programme for details | | | |
| 21.09.10 | Tue | 10h00 | Mundon 29 | 2-3 | White Horse PH, CM9 6PD | Village/Church/Goat Farm | | |
| 23.09.10 | Thu | 10h00 | SWF 1/2 | 3.6 | Marsh Fm. (Riverside), CM3 7AU | Marsh Farm/Sea Wall/River | | |
| 26.09.10 | Sun | 10h00 | Historical Tour | 2-3 | See programme for details | | | |
| 28.09.10 | Tue | 10h00 | Tollesbury 3/4 | 2.6 | Woodrolfe Green CP, CM9 8RY | Village/Yacht Marina | | |
| 30.09.10 | Thu | 10h00 | Heybridge 11 | 2.1 | Tesco Store, CM9 4LE | Elms Farm Park | | |

The above Walks Diary lists our standard health walks for the current period. One volunteer can lead between 8 and 20 walkers, but two volunteers per walk is ideal. A third person may also be present, as a 'buddy', on the more difficult walks. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk.



FITSTEPS HEALTHWALKS IN THE DENGIE from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|------------------|-----|-------------------------------|-----------------------|--|--|
| 01.07.10 | Thu | 10h00 | Burnham 7/8 | 2-3 | Foundry Lane Surgery, CM0 8TB | Country Park/Sea Wall | | |
| 08.07.10 | Thu | 10h00 | Tillingham 10/20 | 2-3 | West Field/Church, CM0 7SQ | Village/Fieldpaths | | |
| 15.07.10 | Thu | 10h00 | S'minster 13/14 | 2-3 | High Street Surgery, CM0 7EX | Village/Fieldpaths | | |
| 22.07.10 | Thu | 10h00 | Burnham 7/8 | 2-3 | Foundry Lane Surgery, CM0 8TB | Country Park/Sea Wall | | |
| 29.07.10 | Thu | 10h00 | Tillingham 10/20 | 2-3 | West Field/Church, CM0 7SQ | Village/Fieldpaths | | |
| 05.08.10 | Thu | 10h00 | S'minster 13/14 | 2-3 | High Street Surgery, CM0 7EX | Village/Fieldpaths | | |
| 12.08.10 | Thu | 10h00 | Burnham 7/8 | 2-3 | Foundry Lane Surgery, CM0 8TB | Country Park/Sea Wall | | |
| 19.08.10 | Thu | 10h00 | Tillingham 10/20 | 2-3 | West Field/Church, CM0 7SQ | Village/Fieldpaths | | |
| 26.08.10 | Thu | 10h00 | S'minster 13/14 | 2-3 | High Street Surgery, CM0 7EX | Village/Fieldpaths | | |
| 02.09.10 | Thu | 10h00 | Burnham 7/8 | 2-3 | Foundry Lane Surgery, CM0 8TB | Country Park/Sea Wall | | |
| 09.09.10 | Thu | 10h00 | Tillingham 10/20 | 2-3 | West Field/Church, CM0 7SQ | Village/Fieldpaths | | |
| 16.09.10 | Thu | 10h00 | S'minster 13/14 | 2-3 | High Street Surgery, CM0 7EX | Village/Fieldpaths | | |
| 23.09.10 | Thu | 10h00 | Burnham 7/8 | 2-3 | Foundry Lane Surgery, CM0 8TB | Country Park/Sea Wall | | |
| 30.09.10 | Thu | 10h00 | Tillingham 10/20 | 2-3 | West Field/Church, CM0 7SQ | Village/Fieldpaths | | |

The above Walks Diary lists our standard health walks for the current period. One volunteer can lead between 8 and 20 walkers, but two volunteers per walk is ideal. A third person may also be present, as a 'buddy', on the more difficult walks. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk.

FITSTEPS BEGINNERS WALKS IN MALDON from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|-------------|-----|--------------------------|--------------------------|--|--|
| 02.07.10 | Fri | 10h00 | Mundon 29 | 1.0 | White Horse PH, CM9 6PD | Village/Church/Goat Farm | | |
| 09.07.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 16.07.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 23.07.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 30.07.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 06.08.10 | Fri | 10h00 | Heybridge 5 | 1.0 | Daisy Meadow CP, CM9 4RP | Village /Sea Wall | | |
| 13.08.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 20.08.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 27.08.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 03.09.10 | Fri | 10h00 | Tiptree 31 | 1.0 | Tiptree Heath CP, CO5 PN | Tiptree Heath | | |
| 10.09.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 17.09.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |
| 24.09.10 | Fri | 10h00 | Maldon 16a | 1.0 | Blackwater LC, CM9 5UR | Maldon Promenade Park | | |

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. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or Walk Leader Maureen Pomphrett on 01621 856392

FITSTEPS BEGINNERS WALKS IN THE DENGIE from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|--------|-----|-------|-----------|------|---------------------------------|----------------------|--|--|
| Weekly | Tue | 10h30 | Burnham | 1.0+ | One Place, High Street, CM0 8HX | High Street/Seafront | | |
| TBA | TBA | TBA | S'minster | 1.0+ | One Place, High Street, | Outdoor gym/Village | | |

For details, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or call Vikkie Massey directly on 01621 786376/07973 152594.



FITSTEPS LONGER/EVENING WALKS with JOHN MAYES from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|------------------|-----|--------------------------------|---------------------------|--|--|
| 07.07.10 | Wed | 18h30 | SWF | 4.5 | Marsh Fm. (Riverside), CM3 7AU | Maldon & South Chelmsford | | |
| 09.07.10 | Fri | 10h00 | Woodham Mortimer | 6.0 | Morrisons Store , CM9 6GG | Maldon & South Chelmsford | | |
| 21.07.10 | Wed | 18h30 | Wickham Bishops | 4.0 | Village Church CP, CM8 3PB | Maldon & South Chelmsford | | |
| 28.07.10 | Wed | 18h30 | Purleigh | 3.0 | Playing Fields, CM3 6QJ | Maldon & South Chelmsford | | |
| 04.08.10 | Wed | 18h15 | Little Baddow | 3.5 | Paper Mill Lock, CM3 4BE | Maldon & South Chelmsford | | |
| 06.08.10 | Fri | 10h00 | Heybridge | 7.0 | Daisy Meadow CP, CM9 6GG | Maldon & South Chelmsford | | |
| 11.08.10 | Wed | 18h15 | Maldon | 3.0 | Morrisons Store , CM9 6GG | Maldon & South Chelmsford | | |
| 18.08.10 | Wed | 18h15 | Danbury | 3.0 | Mayes Lane CP, CM3 4NJ | Maldon & South Chelmsford | | |
| 25.08.10 | Wed | 18h15 | Maldon | 3.5 | Tesco Store, CM9 4LE | Maldon & South Chelmsford | | |
| 01.09.10 | Wed | 18h15 | Woodham Walter | 3.0 | Church Hill, CM9 6RY | Maldon & South Chelmsford | | |
| 08.09.10 | Wed | 18h15 | Heybridge | 6.5 | Daisy Meadow CP, CM9 6GG | Maldon & South Chelmsford | | |
| 19.09.10 | Sun | 10h00 | Goldhanger | 4.5 | Church Corner, CM9 8AU | Maldon & South Chelmsford | | |

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 not all the walks are covered by the Fitsteps WfH Public Liability Insurance.** Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or Walk Leader John Mayes on 01245 222530.

FITSTEPS COUNTRY WALKS with JOHN KNIGHT from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|---------|-----|------------------------|-----------------------------|--|--|
| 05.07.10 | Mon | 10h00 | Danbury | 6.0 | Comm.Cen.CP, CM3 4NJ | Woods/Fieldpaths/Canal | | |
| 02.08.10 | Mon | 10h00 | Burnham | 4.0 | Millfields CP, CM0 8EZ | Country Park/Sea Wall | | |
| 06.09.10 | Mon | 10h00 | Mundon | 5.5 | Mundon VH, CM9 6PD | Village/Fieldpaths/Sea Wall | | |

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. **Please note that not all the walks are covered by the Fitsteps WfH Public Liability Insurance.** Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or Walk Leader John Knight on 01621 852940.

FITSTEPS HISTORICAL TOURS with STEPHEN P NUNN from 01.07.2010 to 30.09.2010

| Date | Day | Time | Walk | m | Venue | Location | | |
|----------|-----|-------|------------------|-----|----------------------|-------------------------|--|--|
| 04.07.10 | Sun | 10h00 | Maldon War Walk | 2-3 | West Square, CM9 5PB | Maldon Town | | |
| 01.08.10 | Sun | 10h00 | Maldon Ale Trail | 2-3 | West Square, CM9 5PB | Maldon Town | | |
| 05.09.10 | Sun | 10h00 | Beeleigh Hamlet | 2-3 | Tesco Store, CM9 4LE | Sea Wall/Beeleigh Falls | | |

FitSteps, in partnership with the Maldon District Tourist Information Centre, are now offering guided walks with a historical theme, led by the local author and lecturer, Stephen P.Nunn The walks are ideally suited for group bookings and could be arranged on a regular basis, usually on Sundays, for about 15-20 people, with a small charge of £2.00 per person being payable at the time of booking. If you are interested, please contact the Tourist Information Centre in Wenlock Way, off High Street, Maldon on 01621 856503/e-mail tic@maldon.gov.uk . Places will be allocated on a first come-first served basis, up to a maximum of 20 people per walk. If the walk is fully booked, we will contact you again with details of any new walks being planned. **Please note that you will be walking at your own risk.**

