

Basingstoke Wellbeing Walks

January 2022 program



Pace		Length	
Slow	This is at a slow pace	Short	Takes up to 30 minutes
Medium	Is at a medium pace	Medium	Takes up to 60 minutes
Fast	This is at brisk pace	Long	Takes up to 90 minutes

Walk	Starting place	Pace	Length	Day	Start time	Jan 2022 dates
Walks on Mondays						
Crossborough Hill	Crossborough Hill car park RG21 4AG	Medium	Medium	Monday	11am	3, 10, 17, 24, 31 Jan 2022
Walks on Wednesdays						
Aquadrome – Medium	Outside the Aquadrome in the leisure park	Medium	Medium	Wednesday	11am	5, 12, 19, 26 Jan 2022
Aquadrome – Fast	Outside the Aquadrome in the leisure park	Fast	Medium	Wednesday	11am	5, 12, 19, 26 Jan 2022
Beggarwood	Community Café, Broadmere Lane, RG22 4AQ	Slow – Medium	Medium	Wednesday	11am	5 Jan 2022
Walks on Thursdays						
Baughurst	Baughurst Scout Hut, The Den, Ash Lane RG26 5PW	Medium	Long	Thursday	10:30am	13, 27 Jan 2022
Down Grange	Walled Garden Down Grange Walk (meet by Hockey Club Pavilion) accessible from Pack Lane	Medium	Long	Thursday	11am	6, 13, 20, 27 Jan 2022
Walks on Fridays						
Popley - Medium	Shakespeare Medical Centre	Slow / Medium	Medium	Friday	11am	7, 14, 21, 28 Jan 2022
Walks on Sundays						
Oakley	School lay by in Oakley RG23 7JZ	Medium		Sunday	2:30pm	30 Jan 2022