**Basingstoke Wellbeing Walks**   
 **May 2022 program**  


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| **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 |

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| **Walk** | **Starting place** | **Pace** | **Length** | **Day** | **Start time** | **May 2022 dates** |
| Walks on Mondays | | | | | | |
| Eastrop Park | Eastrop Park, Boating Lake | Medium | Medium | Monday | 11am | 2, 9, 16, 23, 30 May 2022 |
| Walks on Tuesdays |  |  |  |  |  |  |
| Walks on Wednesdays | | | | | | |
| Aquadrome – Medium | Outside the Aquadrome in the leisure park | Medium | Medium | Wednesday | 11am | 4, 11, 18, 25 May 2022 |
| Aquadrome – Fast | Outside the Aquadrome in the leisure park | Fast | Medium | Wednesday | 11am | 4, 11, 18, 25 May 2022 |
| Beggarwood | Café, The Park, Broadmere Lane, RG22 4AQ | Medium | Medium/Long | Wednesday | 11am | 4 May 2022 |
| Walks on Thursdays | | | | | | |
| Baughurst | Baughurst Scout Hut, The Den, Ash Lane RG26 5PW | Medium | Long | Thursday | 10:30 am | 12, 26 May 2022 |
| Down Grange | Walled Garden Down Grange Walk (meet by Hockey Club Pavilion) accessible from Pack Lane | Medium | Long | Thursday | 11am | 5, 12, 19, 26 May 2022 |
| Walks on Fridays | | | | | | |
| Popley - Medium | Shakespeare Medical Centre | Medium | Medium | Friday | 11am | 6, 13, 20, 27 May 2022 |
| Popley – Slow | Shakespeare Medical Centre | Slow | Short | Friday | 11am | 13, 20, 27 May 2022 |
| Tadley - Medium | Tadley library | Medium | Medium | Friday | 2pm | 6 May 2022 |
| Oakley Woodland | School layby in Oakley, RG23 7JZ | Slow | Medium | Friday | 10:30am | 13 May 2022 |
| Walks on Sundays | | | | | | |
| Oakley | Beach car park (off B3400 in Oakley) | Medium | Medium | Sunday | 2:30pm | 29 May 2022 |

For more information please email: [walks@bvaction.org.uk](mailto:walks@bvaction.org.uk)