**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