

EXTRA MILE WALKING PROGRAMME 2023

FRIDAY	DATE	WALK	LEADERS	MAP DISTANCE
2nd	13/01/2023	Local walk – Holly Hill to Warsash	Kathy & Toni	OL3 Meon 7.5miles
4th	27/01/2023	New Forest – Longcross to Fritham	Kathy & Jennifer	OL 22 New Forest 8.5 miles
2nd	10/02/2023	Walderton to Stansted	Sue & Carole	OL8 Chichester 8.6 miles
4th	24/02/2023	Beaconhill to Exton & Warnford	Kathy & Anna	OL3 Meon 8.2 miles
2nd	10/03/2023	New Forest. Anderwood to Burley & Bolderwood.	Tony & Nick	OL 22 New Forest 7 miles
4th	24/03/2023 *	Hambledon Circular	KP away Peter &	OL3 Meon 5.5 miles
2nd	14/04/2023	Pagham to Selsey	Anne & Sara	OL8 Chichester 7 miles
4th	28/04/2022	Southwick Bluebell Walk	Anne, Debbie & Anna	OL3 Meon 7 miles
2nd	12/05/2023	Buriton to Chalton	Tinou, Edward, Ian	OL8 Chichester 7.25 miles
4th	26/05/2023	Bosham Itchenor Circular	Anne & Anna	OL8 Chichester 10 miles
2nd	9/06/2023	Chichester Canal to Fishbourne	Jennifer & Toni	OL8 Chichester 9 miles
4th	23/06/2023*	Stoughton Down to Hooksway	Kathy & Jackie	OL8 Chichester 8 miles
2 nd	14/07/2023	E Meon to Sustainability Centre	Nigel & Lisa	OL3 Meon 9 miles
4th	28/07/2023*	Stansted	Kathy &	OL8 Chichester 7 miles
2nd	8/09/2023	Kilmeston	KP away Tony &	OL32 Winchester 7.5 miles
4th	22/09/2023 *	Fareham to North Boarhunt	KP away Peter & Tony	OL3 Meon 8 miles
2 nd	13/10/2023	Durford	KP away Anne & Anna	OL 33 Haselmere & P'field 7 miles?
4th	27/10/2023	Hawkley	Tinou & Ian	OL 33 Haselmere & P'field
2nd	10/11/2023	Betty Mundy's Bottom	Tony & Nick	OL3 Meon 7.5 miles
4th	24/11/2023	Burley Circular	Kathy & Eve	OL22 New Forest 7.5 miles
2nd	8/12/2023 *	Christmas Lunch Walk Fareham to Portchester	Peter & Tony	OL3 Meon 7 miles

* These are months where there are 5 Fridays leading to a 3 week gap to the next walk & 6 between July & Sep walks.

GRADING THE WALKS – proposed but *rough* indication of the level of challenge to guide members.

ASPECT	EASY	MEDIUM	HARD
Distance	7 miles	7-9 miles- related to difficulty	8-10 miles
Ascent/ descent	Undulating /gentle ups and downs	Ups downs- sometimes steep	Longer distance.
Obstacles	1or2 stiles	Several stiles, busy road	Some very steep up and down
Terrain	Well kept footpaths and quiet roads	Mostly sound but some footpaths uneven/ slippery	Stiles and other difficult obstacles Very uneven stony, rough, muddy etc.

Driving distance to walk start should also be considered with a shorter walk usually nearer to home.

Thank you to Walk Leaders who have offered to cover walk dates. Programme is subject to change of leader/ location as walks not all checked yet. The categories are a guide but cannot be guaranteed. **Walkers must decide if the walk is suitable for them.**

Weather/ leader availability and other issues may affect our ability to carry out walks – if we need to cancel at the last minute members who have confirmed they are walking will be contacted by phone by 0830.

This may be a text to your mobile if we cannot get through to you. kathy.parker2.kp@gmail.com 07533 272089