



Walking for Health Programme 2026

Booking & Leaders

- Paid-up MFG members can join on dates shown overleaf.
- To book a bus seat: call the office from 9:30am Friday after the previous walk.
- Can't make it at short notice? Call the Walk Leader: 07599 727697.
- The Walk Leaders will be in yellow vests or red jackets/fleeces/polos.

Coach Details

- The coach leaves the Parish Centre at 9:30am sharp and returns around 1:00pm (unless otherwise stated).

Attendance & Fees

- Walk fee £12 per Walk (including bus and refreshments).
- No-shows without notice may be charged £6 (exceptions in special cases only).

Health & Fitness

- A Health Walk Questionnaire must have been completed..
- Choose a group that matches your fitness level; moving between groups as your ability changes is encouraged.
- New walkers joining with a friend may require the friend to temporarily step down a level to help set and monitor the appropriate pace.

Walk Groups

- Striders: 3+ miles, brisk pace
 - Fast Strollers: 2½–3 miles, fairly brisk pace
 - Slow Strollers: 1–2 miles, leisurely pace
 - Stragglers: short walk, gentle pace
- Each group has a front & back leader

During the Walk

- Stay with your group; don't go ahead or leave early without telling your leader.
- Wear comfortable shoes and weather-appropriate clothing.
- If the pace is too fast, speak up - you should be able to chat while walking.

Each walker must ensure they are fit to participate, and do so at their own risk.