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BWF OFFICE
6 Windsor Square, Silver Street, Reading, Berkshire. RG1 2TH
T: 0118 986 9738 E: info@bwf-ivv.org.uk
www.bwf-ivv.org.uk

INTERNATIONAL FEDERATION OF POPULAR SPORTS
INTERNATIONALER VOLKSSPORTVERBAND
Head Office: Fabrikstr. 8, 84503, Altötting Germany
T: 0049 8671 883067 E: headoffice@ivv-web.org
www.ivv-web.org

The inclusion of details in this publication does not
guarantee that an event will take place or that an event
stamp will be issued. Participants are advised to check
details with the event organiser before travelling.
The BWF cannot accept responsibility for the accuracy of
the information in this publication.
The BWF is a member of the International Federation of Popular Sports (better known as the IVV) which contributes towards International understanding and friendship by encouraging people of all nationalities, races and religions to participate freely and without hindrance.

We encourage walkers to join the IVV award scheme which provides proof of personal achievement.

The British Walking Federation's member clubs organise events designed for people of all ages and abilities.

You don't have to be a member of a club to take part, all you need to do is come to an event and register and take the opportunity to have fun and make friends.

Participants walk at their own pace enabling them to improve their personal fitness through regular, non-competitive exercise.

About a dozen British Walking clubs formed the BWF in 1983, but a handful of clubs had been organising IVV registered events before that. In the early days events were few and far between, so that gaining an IVV award often meant travelling many miles.

A small number of dedicated walkers could be found at every event and seemed to know everyone else. Things have changed now and many more people take part and different types of events have evolved.

Many clubs run Permanent Trails through areas of special interest or to provide a challenge to the walker. Recently the BWF has started to offer IVV Awards for completing Long distance trails which can take many days to complete.

An award is usually offered for those who complete events and many people are now proud of a collection of badges, medals, plates, glasses and trophies of all types.

Follow us on twitter @BWF_IVV
NATIONAL COMMITTEE

CHAIRMAN – Roger Baker
12 Burwood Grove, Hayling Island, Hampshire  PO11 9DS
T: 02392 462005  E: chairman@bwf-ivv.org.uk

SECRETARY/REGISTRATION – Peter Denison
2 Test Cottages, St Mary Bourne, Andover, Hampshire  SP11 6BX
T: 01264 738569  E: secretary@bwf-ivv.org.uk
or registration@bwf-ivv.org.uk

TREASURER – Peter Tilbury
116 Wykeham Road, Reading, Berkshire  RG6 1PL
T: 0118 966 6523  E: treasurer@bwf-ivv.org.uk

INDIVIDUAL MEMBERSHIP/VICE CHAIRMAN – Pat Charlton
262 Wolsey Way, Lincoln, Lincolnshire  LN2 4ST
T: 01522 787142  E: membership@bwf-ivv.org.uk

WEBMASTER/SOCIAL MEDIA – Sharon Tilbury
116 Wykeham Road, Reading, Berkshire  RG6 1PL
T: 0118 966 6523  E: webmaster@bwf-ivv.org.uk
Or twitter@bwf-ivv.org.uk

TRAILS – Roger Baker
12 Burwood Grove, Hayling Island, Hampshire  PO11 9DS
T: 02392 462005  E: trails@bwf-ivv.org.uk

AWARDS - Sue Lewis
19 Primrose Rise, Newthorpe, Nottinghamshire  NG16 2BB
T: 01773 431436  E: awards@bwf-ivv.org.uk

STAMP ISSUE – Tony Ash
79 Chelston Avenue, Yeovil, Somerset  BA21 4PT
T: 01935 474388  E: stamp-issue@bwf-ivv.org.uk

PUBLICITY – VACANT

PROJECTS - Carl Lewis
19 Primrose Rise, Newthorpe, Nottinghamshire  NG16 2BB
T: 01773 431436  E: projects@bwf-ivv.org.uk

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262 Wolsey Way, Lincoln, Lincolnshire  LN2 4ST
T: 01522 787142  E: footprint@bwf-ivv.org.uk
or walking-holidays@bwf-ivv.org.uk

HONORARY VICE PRESIDENT
Brian Tilbury

FOOTPRINT
The magazine of the British Walking Federation
THE IVV

The goals of the IVV are:

- To promote public health by offering non-competitive outdoor sports events;
- To further peace and understanding between nations by fostering international friendships through volkssports i.e. walking, cycling, swimming, cross country skiing, skating etc. which are non-competitive and have no specified time limits or "winners"
- To unite the national volkssport associations throughout the world and to stimulate and support their effort through a continuous exchange of ideas and experiences, while at the same time acknowledging their legal and financial independence.
- To award, through member federations, International Popular Sports' Achievement Awards to individuals in recognition of their repeated participation in popular sports events.

THE IVV AWARD SCHEME

By joining the IVV Award Scheme you can earn awards by taking part in volkssport events worldwide. You can redeem your IVV Record Books at milestones such as 10 events, 30 events, 500 kilometres, 1000 kilometres for a certificate, patch, and hatpin to display your achievements. Record books are sold by the clubs at each event.

In the UK we have two types of record books.

- You either purchase a book which can be redeemed worldwide and includes your certificate, with the option to purchase a badge and pin.

- Or you purchase a book which can only be redeemed in the UK, and then you buy the various parts of the award when you have completed your events or distance.

Event Record Books are stamped once for each event (no matter how many times you completed the walk) and you redeem them at 10 events, 30 events, 50 events, 75 events, etc.

Distance Record Books are stamped once for each completion of the walk with the full distance walked recorded. You can redeem them at 500 kilometres, 1000 kilometres, 1500 kilometres, etc.

When you reach your target, you should post your books to the BWF Awards Officer who will send your award. Be sure to buy a new set of books at the next event you attend.
Waendel Walkers (BWF 1)  www.waendel.org.uk
Steve Sloan, 24 Cottagewell Ct, Northampton  NN3 9UA
T: 01604 410723   E: stevesloan28@btinternet.com

RAF WARMA (BWF 2)  www.rafwarma.co.uk
Irene Gilmore, PO Box 567, Macclesfield, Cheshire  SK10 9GL
T: 07890 900542   E: secretary@rafwarma.co.uk

Thames Valley Walking Club (BWF 3)
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire  RG40 1PL
T: 01189 629119   E: Geoff.Bullock@neopost.co.uk

Llanwrtyd Wells Walking Club (BWF 5)  www.green-events.co.uk
Lindsay Ketteringham, Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, Wales  LD5 4RB
T: 01591 610236   E: lindsay@ketteringham.me.uk

White Cross Walkers (BWF 7)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire  S70 5HY
T: 01226 288135   E: mcnab775@binternet.com

Cadet March Association (BWF 12)  www.cadetmarch.org.uk
Adrian Mundy, 27 Yorke Road, Croxley Green, Herts.  WD3 3DW
T: 07831 651320   E: cadetmarch@gmail.com

Havac Walkers (BWF 15)  www.havac-walkers.co.uk
Max Eason, 1 Chapple Drive, Haverhill, Suffolk.  CB9 0DG
T: 01440 705170   E: max_eason@hotmail.co.uk

North London Walking Club (BWF 34)
John Hawkins, 141 Daubeney Road, London.  E5 0EP
T: 07989 979991   E: jackhawkins@excite.com

Amesbury Walkers (BWF 49)  www.amesburywalkers.co.uk
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire.  SP11 6BX
T: 01264 738569   E: amesburywalkers@hotmail.co.uk

Ise Valley Vagabonds (BWF 70)  www.vagabonds.org.uk
David Pentlow, 39 Spring Rise, Ketteringham, Northamptonshire.  NN15 6DP
T: 07551 077828   E: davidpentlow1@gmail.com

Wellingborough Council Walking Club (BWF 78)
www.wellingborough.gov.uk/waendel-walk
Waendel Walk Co-ordinator, Council Offices, Swanspool House, Doddington Road, Wellingborough, Northamptonshire.  NN8 1BP
T: 01933 229777   E: waendel-walk@wellingborough.gov.uk
Lincolnshire Vikings Walking Club (BWF 89)  www.lvwc.org.uk
Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire LN2 4ST
T: 01522 787142      E: vov.lvwc@gmail.com

Rockingham Forest Walkers (BWF 90)    www.rockingham-forestwalkers.com
Michael Dix, 6 Quorn Close, Kettering, Northamptonshire NN15 6QT
T: 01536 722074

Fire Sport UK (BWF 98)    www.salisbury54321.com
Ludo Macaulay, 15 Ashley Road, Salisbury, Wiltshire.  SP2 7BZ
T: 01722 332211      E: ludomacaulay@hotmail.com

Capital Trails (BWF 102)    www.capital-trails.bwf-ivv.org.uk
Wendy Meredith, 4A Clandon Terrace, Kingston Road, Raynes Park, London.  SW20 8SE
T: 020 8543 1283      E: capital.trails@btinternet.com

Somerset Levels and Moors Strollers (BWF 103)    www.slamstrollers.co.uk
Brian Tilbury, Holywell House, Holywell Road, Edington, Somerset.  TA7 9LB
T: 01278 722208      E: brianwilbury@btinternet.com

The Irregulars (BWF 104)  Christine Stratton, 8 Clayton’s Fold, Gilberdyke, Brough, East Yorkshire.   HU15 2QW
T: 01430 448372      E: sunnysidehouse49@gmail.com

City of Salisbury Athletics & Running Club (CoSARC) (BWF 111)    www.stomp.salisbury-arc.org
Di Cross, 10 The Triangle, Whiteparish, Salisbury, Wiltshire SP5 2RT
T: 01794 884030      E: stomp@salisbury-arc.org

Castlebar International 4 Days’ Walks (BWF 201)    www.castlebar4dayswalks.com
Elaine Devereux, Walks Office, New Antrim Street, Castlebar, Co. Mayo, Ireland  F23TD60
T: 010 353 87 6776274      E: info@castlebar4dayswalks.com

Newry Mourne & Down District Council (BWF 202)    www.visitmournemountains.co.uk
Michelle Boyle, Bagenals Castle, Abbey Way, Newry BT34 2BY
T: 00 44 28 3031 3182      E: michelle.boyle@nmandd.org

Ballintubber Abbey Ramblers (BWF 205)    www.ballintubberabbey.ie
T: 010 353 94 9030934      E: info@ballintubberabbey.ie
To stay informed of any Date/Event/Permanent Trail changes, take a look at our website:

www.bwf-ivv.org.uk

Changes and news also on Twitter and Facebook

Follow us on twitter @BWF_IVV

Like our Facebook Page British Walking Federation
The British Walking Federation is looking for new National Committee members to join our team.

There are usually 4 committee meetings held per year plus the AGM.

No specific skills required, just an interest in the day to day running of the BWF and its future.

Interested? Contact BWF Committee Chairman
<table>
<thead>
<tr>
<th>Date</th>
<th>Series</th>
<th>Distance</th>
<th>Details</th>
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<tbody>
<tr>
<td>1 Jan</td>
<td>Rockingham Forest Series</td>
<td>12km</td>
<td></td>
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<tr>
<td>Tues</td>
<td>Rockingham Forest Walkers (BWF 90)</td>
<td>Entry Fee: £0.50</td>
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<tr>
<td>10:00</td>
<td>Michael Dix, 6 Quorn Close, Kettering, Northamptonshire. NN15 6QT</td>
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<td></td>
<td>T: 01536 722074</td>
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<tr>
<td>6 Jan</td>
<td>Waendel Sunday Series</td>
<td>10/20km</td>
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<tr>
<td>Sun</td>
<td>Waendel Walkers (BWF 1)</td>
<td>Entry Fee: £0.50/£1.00</td>
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<tr>
<td>10:00</td>
<td>Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA</td>
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<td></td>
<td>T: 01604 410723</td>
<td>E: <a href="mailto:stevesloan28@btinternet.com">stevesloan28@btinternet.com</a></td>
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<td>6 Jan</td>
<td>Thames Valley Shires Series</td>
<td>5/10km</td>
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<td>Sun</td>
<td>Thames Valley Walking Club (BWF 3)</td>
<td>Entry Fee: £1.00</td>
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<tr>
<td>09:00</td>
<td>6 Windsor Square, Silver Street, Reading, Berkshire RG1 2TH.</td>
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<td>10:00</td>
<td>Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL</td>
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<td></td>
<td>T: 01189 629119</td>
<td>E: <a href="mailto:Geoff.Bullock@neopost.co.uk">Geoff.Bullock@neopost.co.uk</a></td>
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<tr>
<td>6 Jan</td>
<td>Havac Winter Series</td>
<td>10/20km</td>
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<td>Sun</td>
<td>Havac Walkers (BWF 15)</td>
<td>Entry Fee: £0.50</td>
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<td>09:00</td>
<td>Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG</td>
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<tr>
<td>10:30</td>
<td>“The Marquis” PH, Greasbrough Road, Low Stubbing, Rotherham, South Yorkshire S62 7RX</td>
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<tr>
<td>11:30</td>
<td>Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY</td>
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<td></td>
<td>T: 01226 288135</td>
<td>E: <a href="mailto:mcnab775@btinternet.com">mcnab775@btinternet.com</a></td>
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<tr>
<td>13 Jan</td>
<td>Wessex Series</td>
<td>10/20km</td>
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<td>Sun</td>
<td>Amesbury Walkers (BWF 49)</td>
<td>Entry Fee: £1.00</td>
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<td>09:00</td>
<td>Houghton Village Hall, nr Stockbridge, Hampshire. SO20 6LP</td>
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<tr>
<td>10:00</td>
<td>Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX</td>
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<td></td>
<td>T: 01264 738569</td>
<td>E: <a href="mailto:info@amesburywalkers.co.uk">info@amesburywalkers.co.uk</a></td>
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Saturday 26 January 2019
Start 14:00 to 15:00

NOTE START VENUE

Durrington Recreation Pavilion
Recreation Road, Durrington
SP4 8HH
(OS Map: LR 184    Grid Ref: SU 161447)
Join us for the 31st
STONEHENGE STOMP

Sunday 27 January 2019

Start and finish at:
AMESBURY SPORTS CENTRE
SP4 7NT

Suitable for walkers and runners

www.stomp.salisbury-arc.org

In association with:
13 Jan Vagabonds Walks 10/20km
Sun Ise Valley Vagabonds (BWF 70) Entry Fee: £0.75/ £1.00
09:00 David J Pentlow, 39 Spring Rise, Kettering, Northamptonshire, NN15 6DP.
T: 07551 077828 E: davidpentlow1@gmail.com

17 Jan Havac Thursday Walks 5/10km
Thu Havac Walkers (BWF 15) Entry Fee: £0.50
10:00 Max Eason, 1 Chapple Drive, Haverhill, Suffolk, CB9 0DG
T: 01440 705170 E: max_eason@hotmail.co.uk

20 Jan Waendel Sunday Series 10/20km
Sun Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

26 Jan WOODHENGE WOMBLE 10km
Sat Amesbury Walkers (BWF 49) Entry Fee: £2.00
14:00 – 15:00 Durrington Recreation Pavilion, Recreation Road, Durrington, Salisbury, Wiltshire. SP4 8HH
(Parcelforce: EX 130/LR 184 GR: SU 161447)
Teresa Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire. SP4 8HW
T: 01980 653176 E: womble@amesburywalkers.co.uk

27 Jan Don & Dearne Winter Series 15km
Sun White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30 Edmunds Arms PH, Worsbrough Village, Worsbrough, South Yorkshire S70 5LW
(OS Map: LR 111 GR: SE 349076)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

27 Jan Vikings Winter Series 5/10km
Sun Lincolnshire Vikings Walking Club (BWF 89) Entry Fee: £0.50
10:30 - 11:30 Royal Oak PH, Royal Oak Lane, Aubourn, Lincoln, Lincolnshire LN5 9DT
(OS Map: LR 121/EX 271 GR: SK 924627)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire NG34 9GU
T: 07834 121220 E: sarah1edd@aol.com

27 Jan STONEHENGE STOMP 5/10/20/30/40km
Sun City of Salisbury Athletics & Running Club (CoSARC) Entry Fee: £5.00 to include badge
08:00-10:30 Amesbury Sports Centre, Wiltshire SP4 7NT
(OS Map: EX 130 GR: SU 161418)
Di Cross, 10 The Triangle, Whiteparish, Salisbury, Wiltshire. SP5 2RT
T: 01794 884030 E: stomp@salisbury-arc.org
B C F MR mr P Pc (5km only) Rd Rm Rv Rw St W
2 Feb **LORD CRAWSHAW MEMORIAL WALK**
Sat 8/13(Led)/19/32km
08:00 Llanwrtyd Wells Walking Club (BWF 5)
10:00 Entry Fee: £5/£9.00
Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, Wales, LDS 4R8.
(OS Map: LR 147 GR: SN 879467)
Lindsay Ketteringham, Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, Wales LDS 4R8
T: 01591 610666 E: enquiries@llanwrtydwalking.co.uk
B C F H Mr P Rm Rr Rv Rw(32km only) St Tr W

3 Feb **Waendel Sunday Series** 10/20km
Sun Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court, Northampton, NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

3 Feb **Thames Valley Shires Series** 10/20km
Sun Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
09:00 - Overton Hill car park, London Road, Overton,
10:00 nr Basingstoke, Hampshire RG25 3NU
(OS Map: EX 144 GR: SU 518497)
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk

3 Feb **Havac Winter Series** 10/20km
Sun Havac Walkers (BWF 15) Entry Fee: £0.50
09:00 Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG
T: 01440 705170 E: max_eason@hotmail.co.uk

10 Feb **Don & Dearne Winter Series** 15km
Sun White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30 Car park at Anglers Country Park, Wintersett, Wakefield, West Yorkshire, WF4 2EB
(OS Map: LR 111 GR: SE 374153)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorks S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

10 Feb **Wessex Series** 10/20km
Sun Amesbury Walkers (BWF 49) Entry Fee: £1.00
09:00 - 23rd Salisbury Scout Group HQ, Stratford Road,
10:00 Stratford-sub-Castle, Salisbury, Wiltshire SP1 3JP
(OS Map: EX 130 GR: SU 139316)
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX
T: 01264 738569 E: info@amesburywalkers.co.uk

10 Feb **Vagabonds Walks** 10/20km
Sun Ise Valley Vagabonds (BWF 70) Entry Fee: £0.75/£1.00
09:00 David Pentlow, 39 Spring Rise, Kettering, Northamptonshire NN15 6DP
T: 07551 077828 E: davidpentlow1@gmail.com
17 Feb  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
10:00  Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

17 Feb  Vikings Winter Series  5/10km
Sun  Lincolnshire Vikings Walking Club (BWF 89)
10:30 - Entry Fee: £0.50
11:30  Sarah Eddington, 56 Westbeck, Ruslington, Sleaford, Lincolnshire. NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

21 Feb  Havac Thursday Walks  5/10km
Thu  Havac Walkers (BWF 15) Entry Fee: £0.50
10:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk. CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

24 Feb  Don & Dearne Winter Series  15km
Sun  White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30  The Marquis PH, Greasborough Road, Low Stubbing, Rotherham, South Yorkshire, S62 7RX
(OS Map: LR 111 GR: SE 421979)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com

3 Mar  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
10:00  Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

3 Mar  Thames Valley Shires Series  10km
Sun  Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
09:00 - Duncott Village Hall car park, Duncott Recreation
10:00  Ground, off A285, West Sussex GU28 0JY
(OS Map: EX OL10 GR: SU 963177)
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL
T: 01189 629119  E: Geoff.Bullock@neopost.co.uk

3 Mar  Havac Winter Series  10/20km
Sun  Havac Walkers (BWF 15) Entry Fee: £0.50
09:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

10 Mar  Don & Dearne Winter Series  15km
Sun  White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30  The Market Hotel, Wentworth Road, Elsecar, South Yorkshire, S74 8EP
(OS Map: LR 111 GR: SK 384998)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com
10 Mar Wessex Series 10/20km
Sun 9:00 - 10:00
Amesbury Walkers (BWF 49) Entry Fee: £1.00
Hurstbourne Tarrant Village Hall, nr Andover, Hampshire SP11 0AX (OS Map: EX 131 GR: SU 384529)
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover Hampshire. SP11 6BX T: 01264 738569 E: info@amesburywalkers.co.uk

10 Mar Vagabonds Walks 10/20km
Sun 09:00
Ise Valley Vagabonds (BWF 70) Entry Fee: £0.75/£1.00
David Pentlow, 39 Spring Rise, Kettering, Northamptonshire NN15 6DP T: 07551 077828 E: davidpentlow1@gmail.com

17 Mar Waendel Sunday Series 10/20km
Sun 10:00
Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA T: 01604 410723 E: stevesloan28@btinternet.com

17 Mar Vikings Winter Series 5/10km
Sun 10:30 - 11:30
Lincolnshire Vikings Walking Club (BWF 89) Entry Fee: £0.50
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU T: 07834 121220 E: sarah1edd@aol.com

18 Mar ST PATRICK'S DAY WALK up to 22km
Mon 09:30 - FREE entry
Newry and Down District Council (BWF 202)
Castle Ward (National Trust Property), Strangford, Co. Down, N. Ireland BT30 7LS (OS Map: Discoverer 21 GR: J 573484)
Michelle Boyle, Bagenals Castle, Abbey Way, Newry, Co Down, N. Ireland BT34 2BY T: 00 44 28 3031 3182 E: michelle.boyle@nmandd.org

21 Mar Havac Thursday Walks 5/10km
Thu 10:00
Havac Walkers (BWF 15) Entry Fee: £0.50
Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG T: 01440 705170 E: max_eason@hotmail.co.uk

24 Mar Don & Dearne Winter Series 15km
Sun 10:30
White Cross Walkers (BWF 7) Entry Fee: £1.00
Rose & Crown PH, Barnsley Road, Hoylandswaine, South Yorkshire S36 7JA (OS Map: LR 111 GR: SE 262047)
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY T: 01226 288135 E: mcnab775@btinternet.com
ANNUAL GENERAL MEETING

Chinnor Community Pavilion,  
Station Road,  
Chinnor,  
Oxfordshire  
OX39 4PU

Saturday 6th April 2019
Registration & Refreshments  
from 10.00am

Meeting will start at 10.30am

The meeting is open to all but members are asked to inform the BWF Secretary if they will be attending.

Buffet lunch at close of meeting
Lunch £7.00 per person  
must be pre-booked and paid for before the day.  
Bookings & payment to BWF Secretary  
(Cheques payable to: British Walking Federation)

CHAIRMAN’S WALK
5 & 10 km
Start from 2.30pm  
Finish by 4.30pm
FREE ENTRY
<table>
<thead>
<tr>
<th>Date</th>
<th>Series</th>
<th>Distance</th>
<th>Event Details</th>
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<tr>
<td>24 Mar</td>
<td>Wessex Series</td>
<td>10/20km</td>
<td>Sun, Collingbourne Kingston Village Hall, Wiltshire. Entry Fee: £1.00</td>
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<tr>
<td>24 Mar</td>
<td>Rockingham Forest Series</td>
<td>10/20km</td>
<td>Sun, Rockingham Forest Walkers (BWF 90), Entry Fee: £0.50</td>
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<tr>
<td>6 Apr</td>
<td>BWF Chairman's Walk</td>
<td></td>
<td>Sat, Chinnor Community Pavilion, Chinnor, Oxfordshire, Entry Fee: Free</td>
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<tr>
<td>7 Apr</td>
<td>Waendel Sunday Series</td>
<td>10/20km</td>
<td>Sun, Waendel Walkers (BWF 1), Entry Fee: £0.50/£1.00</td>
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<tr>
<td>7 Apr</td>
<td>Thames Valley Shires Series</td>
<td>10/20km</td>
<td>Sun, Thames Valley Walking Club (BWF 3), Entry Fee: £1.00</td>
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<tr>
<td>7 Apr</td>
<td>Havac Winter Series</td>
<td>10/20km</td>
<td>Sun, Havac Walkers (BWF 15), Entry Fee: £0.50</td>
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<tr>
<td>7 Apr</td>
<td>Vagabonds Walks</td>
<td>10/20km</td>
<td>Sun, Ise Valley Vagabonds (BWF 70), Entry Fee: £0.75/£1.00</td>
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<td>7 Apr</td>
<td>Vikings Winter Series</td>
<td>10km</td>
<td>Sun, Lincolnshire Vikings Walking Club (BWF 89), Entry Fee: £0.50</td>
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**24 Mar Wessex Series**
- Collingbourne Kingston Village Hall, Wiltshire. SN8 3SE
- Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX
- T: 01264 738569
- E: info@amesburywalkers.co.uk

**24 Mar Rockingham Forest Series**
- Rockingham Forest Walkers (BWF 90)
- Michael Dix, 6 Quorn Close, Kettering, Northamptonshire. NN15 6QT
- T: 01536 722074

**6 Apr BWF Chairman's Walk**
- British Walking Federation Event
- Chinnor Community Pavilion, Station Road, Chinnor, Oxfordshire
- Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire. PO11 9DS
- T: 02392 462005
- E: chairman@bwf-ivv.org.uk

**7 Apr Waendel Sunday Series**
- Waendel Walkers (BWF 1)
- Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
- T: 01604 410723
- E: stevesloan28@btinternet.com

**7 Apr Thames Valley Shires Series**
- Thames Valley Walking Club (BWF 3)
- Geoff Bullock, 11a Judges Road, Wokingham, Berkshire. RG40 1PL
- T: 01189 629119
- E: Geoff.Bullock@neopost.co.uk

**7 Apr Havac Winter Series**
- Havac Walkers (BWF 15)
- Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG
- T: 01440 705170
- E: max_eason@hotmail.co.uk

**7 Apr Vagabonds Walks**
- Ise Valley Vagabonds (BWF 70)
- David Pentlow, 39 Spring Rise, Kettering, Northamptonshire NN15 6DP
- T: 07551 077828
- E: davidpentlow1@gmail.com

**7 Apr Vikings Winter Series**
- Lincolnshire Vikings Walking Club (BWF 89)
- Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU
- T: 07834 121220
- E: sarah1edd@aol.com
<table>
<thead>
<tr>
<th>Date</th>
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<td>10 Apr</td>
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<td>10km</td>
<td>Wed</td>
<td>Waendel Walkers (BWF 1)</td>
<td>£0.50/£1.00</td>
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<tr>
<td>18:00</td>
<td>Steve Sloan, 24 Cottagewell Court,</td>
<td></td>
<td></td>
<td>Northampton NN3 9UA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>T: 01604 410723 E: <a href="mailto:stevesloan28@btinternet.com">stevesloan28@btinternet.com</a></td>
<td></td>
<td></td>
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<tr>
<td>14 Apr</td>
<td>VALLEY &amp; VIEWS</td>
<td>10/25/42km</td>
<td>Sun</td>
<td>Waendel Walkers Club (BWF 1)</td>
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<td>From Wilbarston Village Hall, Carlton Road, Wilbarston,</td>
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<tr>
<td>07:30</td>
<td>Market Harborough, Leicestershire LE16 8QE</td>
<td></td>
<td></td>
<td>Steve Sloan, 24 Cottagewell Court,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Northampton NN3 9UA</td>
<td></td>
<td></td>
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<td>F m P Rd Rr Rv St</td>
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<tr>
<td>14 Apr</td>
<td>Wessex Series</td>
<td>10/20km</td>
<td>Sun</td>
<td>Amesbury Walkers (BWF 49)</td>
<td>£1.00</td>
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<td>09:00 - 10:00</td>
<td>Upton Lovell Village Hall, nr Warminster,</td>
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<tr>
<td></td>
<td>Wiltshire. BA12 0JW</td>
<td></td>
<td></td>
<td>Peter Denison, 2 Test Cottages, St Mary Bourne,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Andover, Hampshire. SP11 6BX</td>
<td></td>
<td></td>
<td>T: 01264 738569 E: <a href="mailto:info@amesburywalkers.co.uk">info@amesburywalkers.co.uk</a></td>
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</tr>
<tr>
<td>17 Apr</td>
<td>Rockingham Forest Summer Series</td>
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<td>Rockingham Forest Walkers (BWF 90)</td>
<td>£0.50</td>
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<tr>
<td>17:30</td>
<td>Michael Dix, 6 Quorn Close, Kettering, Northampton NN15 6QT</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>T: 01536 722074 E: <a href="mailto:info@amesburywalkers.co.uk">info@amesburywalkers.co.uk</a></td>
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<tr>
<td>18 Apr</td>
<td>Don &amp; Dearne Summer Series</td>
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<td>Thu</td>
<td>White Cross Walkers (BWF 7)</td>
<td>£1.00</td>
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<tr>
<td>18:30</td>
<td>Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY</td>
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<td>T: 01226 288135 E: <a href="mailto:mcnab775@btinternet.com">mcnab775@btinternet.com</a></td>
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<td>Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG</td>
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<td>Thu</td>
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<tr>
<td>18:30</td>
<td>Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire S70 5HY</td>
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</tbody>
</table>
**RAF 2-DAY MARCH**

**RAF WARMA (BWF 2)**

Entry Fee: £2.50 per day. **MUST REGISTER IN ADVANCE**

**Sat/Sun**

- **06:30 -** RAF Cosford, Albrighton WV7 3EX
- **09:00 (OS Map: LR 127 GR: SJ 908052)**

**E:** events@rafwarma.co.uk

- **B C F MR mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

- **Apr**
  - **10/20/40km**

- **RAF WARMA (BWF 2)**

**27 Apr**

- **Amesbury Walkers Summer Series** 10km

**Sat**

- **Amesbury Walkers (BWF 49)**
- **Entry Fee: £1.00**

**17:00 -** The Queens Head PH, Ludgershall, Wiltshire SP11 9PZ

**18:00 (OS Map: EX 131 GR: SU 265508)**

Keith Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire.

**SP4 8HW**

**T:** 01980 653176 **E:** events@rafwarma.co.uk

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**27 Apr**

- **2/3 Day March**

- **RAF WARMA (BWF 2)**

Entry Fee: £2.50 per day. MUST REGISTER IN ADVANCE

**Sat/Sun**

- **06:30 -** RAF Cosford, Albrighton WV7 3EX
- **09:00 (OS Map: LR 127 GR: SJ 908052)**

**E:** events@rafwarma.co.uk

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

- **Apr**
  - **10/20/40km**

- **RAF WARMA (BWF 2)**

**27 Apr**

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**Sat**

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**17:00 -** The Queens Head PH, Ludgershall, Wiltshire SP11 9PZ

**18:00 (OS Map: EX 131 GR: SU 265508)**

Keith Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire.

**SP4 8HW**

**T:** 01980 653176 **E:** info@amesburywalkers.co.uk

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**28 Apr**

- **Waendel Sunday Series** 10km

**Sun**

- **Waendel Walkers (BWF 1)**
- **Entry Fee: £0.50/£1.00**

**10:00**

Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA

**T:** 01604 410723 **E:** stevesloan28@btinternet.com

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**30 Apr**

- **Vikings Summer Series** 5/10km

**Tue**

Lincolnshire Vikings Walking Club (BWF 89)

**18:15 -**

**18:30**

Coach & Horses PH, Tattershall Road, Billinghay, Lincolnshire LN4 4DD

(OS Map: LR 121 / EX 272 GR: TF 157325)

Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU

**T:** 07834 121220 **E:** sarah1edd@aol.com

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**2 May**

- **Don & Dearne Summer Series** 10km

**Thu**

White Cross Walkers (BWF 7)

**18:30**

Susan McNab, 16 Wayland Avenue, Worsbrough Barnsley, South Yorkshire S70 5HY

**T:** 01226 288135 **E:** mcnab775@btinternet.com

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**5 May**

- **Thames Valley Shires Series (World Walking Day)** 10/20km

**Sun**

Thames Valley Walking Club (BWF 3)

**09:00**

**10:00 -**

The Rowbarge PH, Station Road, Woolhampton, Berkshire RG7 5SH

(OS Map: EX 158 GR: SU 572664)

Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL

**T:** 01189 629119 **E:** Geoff.Bullock@neopost.co.uk

- **B C F Mr P Pc Pk Rm Rr Tr Pmc Rm Rv Rw St Tr U W**

**5 May**

- **Rockingham Forest Series** 10/20km

**Sun**

Rockingham Forest Walkers (BWF 90)

**09:30**

Michael Dix, 6 Quorn Close, Kettering, Northamptonshire. NN15 6QT

**T:** 01536 722074
8 May   **Waendel Wednesday Series**  10km
**Wed**  Waendel Walkers (BWF 1)       Entry Fee: £0.50/£1.00
18:00    Steve Sloan, 24 Cottagewell Court,
         Northampton   NN3 9UA
         T: 01604 410723   E: stevesloan28@btinternet.com

9 May   **Don & Dearne Summer Series**  10km
**Thu**  White Cross Walkers (BWF 7)    Entry Fee: £1.00
19:00    Susan McNab, 16 Wayland Avenue, Worsbrough,
         Barnsley, South Yorkshire  S70 5HY
         T: 01226 288135   E: mcnab775@btinternet.com

10/12 May   **WAENDEL WEEKEND**
             Wellingborough Council Walking Club (BWF 78)
**Fri 10**  18:00 Waendel Friendship Walk       5/10km
             Entry Fee: £1.00
**Sat 11**  From 17:30 Swim  300m minimum  Free for all walkers
             Swim: Waendel Leisure Centre, Thomas Street  NN8 1DZ
**Sat 11/**  07:00 - 12:00 Walks       5/10/15/25/42km
             All walks: The Castle Theatre, 10 Castle Way,
             Wellingborough, Northamptonshire.  NN8 1XA
             (OS Map: LR 152   GR: SP 895676)
             One Day £5.00 (£7.00 on day)
             Two Day £7.00 (£9.00 on day)
             Waendel Walk Co-ordinator, Council Office,
             Swanspool House, Doddington Road, Wellingborough,
             Northamptonshire.  NN8 1BP
             T: 01933 229777   E: waendel-walk@wellingborough.gov.uk

11 May   **Amesbury Walkers Summer Series (World Walking Day)**  10km
**Sat**   Amesbury Walkers (BWF 49)      Entry Fee: £1.00
17:00 -   Radnor Arms PH, Nunton, nr. Salisbury,
18:00    Wiltshire  SP5 4HS
             (OS Map: EX 130   GR: SU 159261)
             Keith Burningham, Braemar, The Ham, Durrington,
             Salisbury, Wiltshire.  SP4 8HW
             T: 01980 653176   E: info@amesburywalkers.co.uk

12 May   **Waendel Sunday Series**  10/20km
**Sun**   Waendel Walkers (BWF 1)        Entry Fee: £0.50/£1.00
10:00    Steve Sloan, 24 Cottagewell Court,
         Northampton   NN3 9UA
         T: 01604 410723   E: stevesloan28@btinternet.com

14 May   **Vikings Summer Series**  5/10km
**Tue**   Lincolnshire Vikings Walking Club (BWF 89)
18:15 -   Entry Fee: £0.50
18:30    Sarah Eddington, 56 Westbeck, Ruskington, Sleaford,
         Lincolnshire.  NG34 9GU
         T: 07834 121220   E: sarah1edd@aol.com
<table>
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<tr>
<th>Date</th>
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<td>Wed</td>
<td>Rockingham Forest Walkers (BWF 90)</td>
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<td></td>
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<tr>
<td>17:30</td>
<td>Michael Dix, 6 Quorn Close, Kettering, Northamptonshire. NN15 6QT</td>
<td>T: 01536 722074</td>
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<tr>
<td>16 May</td>
<td>Don &amp; Dearne Summer Series</td>
<td>10km</td>
<td>£1.00</td>
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<td>Thu</td>
<td>White Cross Walkers (BWF 7)</td>
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<tr>
<td>19:00</td>
<td>Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY</td>
<td>Tel: 01226 288135</td>
<td>E: <a href="mailto:mcnab775@btinternet.com">mcnab775@btinternet.com</a></td>
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<td>5/10km</td>
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</tr>
<tr>
<td>10:00</td>
<td>Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG</td>
<td>T: 01440 705170</td>
<td>E: <a href="mailto:max_eason@hotmail.co.uk">max_eason@hotmail.co.uk</a></td>
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<tr>
<td>19 May</td>
<td>Wessex Series</td>
<td>10/20km</td>
<td>£1.00</td>
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<tr>
<td>Sun</td>
<td>Amesbury Walkers (BWF 49)</td>
<td></td>
<td></td>
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<tr>
<td>09:00 -</td>
<td>Hilcott Village Hall, nr Pewsey, Wiltshire. SN9 6LE</td>
<td>(OS Map: EX 130 GR: SU 113583)</td>
<td>Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX</td>
</tr>
<tr>
<td>19 May</td>
<td>Vagabonds Walks</td>
<td>10/20km</td>
<td>£0.75/£1.00</td>
</tr>
<tr>
<td>Sun</td>
<td>Ise Valley Vagabonds (BWF 70)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>09:00</td>
<td>Dave Pentlow, 39 Spring Rise, Kettering, Northamptonshire NN15 6DP</td>
<td>T: 07551 077828</td>
<td>E: <a href="mailto:davidpentlow1@gmail.com">davidpentlow1@gmail.com</a></td>
</tr>
<tr>
<td>20 May</td>
<td>Havac Summer Series</td>
<td>10km</td>
<td>£0.50</td>
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<tr>
<td>Mon</td>
<td>Havac Walkers (BWF 15)</td>
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</tr>
<tr>
<td>17:30</td>
<td>Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG</td>
<td>T: 01440 705170</td>
<td>E: <a href="mailto:max_eason@hotmail.co.uk">max_eason@hotmail.co.uk</a></td>
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<tr>
<td>22 May</td>
<td>Waendel Wednesday Series</td>
<td>10km</td>
<td>£0.50/£1.00</td>
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<tr>
<td>Wed</td>
<td>Waendel Walkers BWF 1)</td>
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<tr>
<td>18:00</td>
<td>Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA</td>
<td>T: 01604 410723</td>
<td>E: <a href="mailto:stevesloan28@btinternet.com">stevesloan28@btinternet.com</a></td>
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<tr>
<td>23 May</td>
<td>Don &amp; Dearne Summer Series</td>
<td>10km</td>
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<tr>
<td>Thu</td>
<td>White Cross Walkers (BWF 7)</td>
<td></td>
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</tr>
<tr>
<td>19:00</td>
<td>Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorks S70 5HY</td>
<td>T: 01226 288135</td>
<td>E: <a href="mailto:mcnab775@btinternet.com">mcnab775@btinternet.com</a></td>
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<td>26 May</td>
<td>Waendel Sunday Series</td>
<td>10/20km</td>
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The 41st Annual Folkestone Cadet March / Spitfire Walk Sunday 26th May 2019

12/27/40km

The walk gives those who participate a chance to visit some of the most beautiful scenery in Kent. The routes give breath-taking views overlooking the channel tunnel, and the longer routes visit the spectacular cliff top memorial to those who did not return from the Battle of Britain over the English Channel.

Details from: Adrian Mundy
24 Harbour Way,
Folkestone,
Kent. CT20 1NF

Phone: 01303 250906

E-mail: cadetmarch@gmail.com
Web: www.cadetmarch.org.uk
26 May CADET MARCH/SPITFIRE WALK  12/27/40km
Sun Cadet March Association (BWF 12) Entry Fee: £2.00
08:30 Dibgate Army Camp, Cheriton, Folkestone, Kent CT20 3JG
(OS Map: LR 179  GR:TR 178363)
Adrian Mundy, 24 Harbour Way, Folkestone, Kent CT20 1NF
T: 01303 250906 E: cadetmarch@gmail.com
MR mr P Pc Pk Pmc Rm Rr Rv Rw

28 May Vikings Summer Series  5/10km
Tue Lincolnshire Vikings Walking Club (BWF 89)
18:30 - Entry Fee: £0.50
18:45 Wyndham Park, Hill Avenue, Grantham
Lincolnshire  NG31 9BB
(OS Map: LR 130 / EX 247  GR: SK 917364)
Sarah Eddington, 56 Westbeck, Ruskinson, Sleaford,
Lincolnshire.  NG34 9GU
T: 07834 121220 E: sarah1edd@aol.com

30 May Don & Dearne Summer Series  10km
Thu White Cross Walkers (BWF 7) Entry Fee: £1.00
19:00 Susan McNab, 16 Wayland Avenue, Worsbrough,
Barnsley, South Yorkshire  S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

1 Jun Amesbury Walkers Summer Series  10km
Sat Amesbury Walkers (BWF 49) Entry Fee: £1.00
17:00 - The Crown PH, Bishops Cannings, nr. Devizes,
Wiltshire.  SN10 2JZ
(OS Map: EX 157  GR: SU 036640)
Keith Burningham, Braemar, The Ham, Durrington,
Salisbury, Wiltshire.  SP4 8HW
T: 01980 653176 E: info@amesburywalkers.co.uk

2 Jun Thames Valley Shires Series  10/20km
Sun Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
09:00 - Alton Leisure Centre (nr Skate Park), Chawton Park Road,
Alton, Hampshire  GU34 1ST
(OS Map: EX 144  GR: SU 705381)
Geoff Bullock, 11a Budges Road, Wokingham,
Berkshire.  RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk

2 Jun Rockingham Forest Series  10/20km
Sun Rockingham Forest Walkers (BWF 90) Entry Fee: £0.50
09:30 Michael Dix, 6 Quorn Close, Kettering,
Northamptonshire.  NN15 6QT
T: 01536 722074

3 Jun Havac Summer Series  10km
Mon Havac Walkers (BWF 15) Entry Fee: £0.50
17:30 Max Eason, 1 Chapple Drive, Haverhill, Suffolk.  CB9 0DG
T: 01440 705170 E: max_eason@hotmail.co.uk

23
The Somerset Levels and Moors Strollers invite you to join them at the

**LANGPORT TWO DAY WALKING FESTIVAL**

**on Saturday & Sunday 8th & 9th June 2019**

Come and enjoy some of the best walking in Somerset at this 2-Day event. With a choice of different routes each day of 5, 10, 20 & 42km. Start from 07.30 to 08.30 on the 42km Trail, from 08.30 to 11.00 on the 20km trail and from 11.00 to 14.00 on the 10 & 5km trails.
You have until 18.00 to complete your walk.

**Come and experience the delights of the Somerset Levels**

The venue is The Angel, Bow Street, Langport, where you will be able to relax after the walk and enjoy a variety of food and drink.

There is plenty of accommodation available locally as well as a well-appointed Campsite nearby.

For more information on the Festival or accommodation contact:

**Hans Rennie, Golden Ramblers, Dray Road, Odcombe, Somerset BA22 8UL**
Tel: 01935 864523
Email: slams1@btinternet.com
www.slamstrollers.co.uk
5 Jun  Waendel Wednesday Series  10km
Wed  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
18:00  Steve Sloan, 24 Cottagewell Court, Northampton.  NN3 9UA
       T: 01604 410723  E: stevesloan28@btinternet.com

6 Jun  Don & Dearne Summer Series  10km
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY
       T: 01226 288135  E: mcnab775@btinternet.com

8/9  LANGPORT TWO-DAY WALKING FESTIVAL
Jun  5/10/20/42km
Sat/Sun  Somerset Levels and Moors Strollers (BWF 103)
        Entry Fee: £1.00 - £21.00 subject to distance, days & age.
07:30 -  The Angel, Bow Street, Langport, Somerset.  TA10 9PQ
14:00  (OS Map: EX 129  GR: ST 418267)
       Hans Rennie, Golden Ramblers, Dray Road, Odcome, Somerset.  BA22 8UL
       T: 01935 864523  E: slams1@btinternet.com
       B C F H m r P Pc (5km only)  Pmc  Rd  Rm  Rr  Rv  Rw  St  W  Wc (5km only)

9 Jun  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
10:00  Steve Sloan, 24 Cottagewell Court, Northampton.  NN3 9UA
       T: 01604 410723  E: stevesloan28@btinternet.com

11 Jun  Vikings Summer Series  5/10km
Tue  Lincolnshire Vikings Walking Club (BWF 89)
18:30 -  Entry Fee: £0.50
18:45  Wishing Well, 15n The Parade, Cherry Willingham nr Lincoln  LN3 4JL
       (OS Map: LR121/EX272  GR: TF 032727)
       Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire.  NG34 9GU
       T: 07834 121220  E: sarah1edd@aol.com

12 Jun  Rockingham Forest Summer Series  10km
Wed  Rockingham Forest Walkers (BWF 90)  Entry Fee: £0.50
17:30  Michael Dix, 6 Quorn Close, Kettering, Northamptonshire.  NN15 6QT
       T: 01536 722074

13 Jun  Don & Dearne Summer Series  10km
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY
       T: 01226 288135  E: mcnab775@btinternet.com
15 Jun  **DROVERS WALK**  8/13(Led)/19/32km  
**Sat**  
09:00-  
10:00  Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, Wales. LD5 4RB  
(OS Map: LR 147/EX 187  GR: SN 879467)  
Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys, Wales. LD5 4RB  
T: 01591 610666  E: lindsay@ketteringham.me.uk  
**Entry Fee: £5.00/9.00**

15 Jun  **Amesbury Walkers Summer Series**  10km  
**Sat**  
17:00 -  
18:00  Brigrerston Village Hall, Brigrerston, Wiltshire. SP4 8JA  
(OS Map: EX 130  GR: SU 161458)  
Keith Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire. SP4 8HW  
T: 01980 653176  E: info@amesburywalkers.co.uk  
**Entry Fee: £1.00**

16 Jun  **Vagabonds Walks**  10/20km  
**Sun**  
09:00  Dave Pentlow, 39 Spring Rise, Kettering, Northamptonshire. NN15 6DP  
T: 07551 077828  E: davidpentlow1@gmail.com  
**Entry Fee: £1.00**

17 Jun  **Havac Summer Series**  10km  
**Mon**  
17:30  Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG  
T: 01440 705170  E: max_eason@hotmail.co.uk  
**Entry Fee: £0.50**

19 Jun  **Waendel Wednesday Series**  10km  
**Wed**  
18:00  Steve Sloan, 24 Cottagewell Court, Northampton. NN3 9UA  
T: 01604 410723  E: stevesloan28@btinternet.com  
**Entry Fee: £0.50/£1.00**

20 Jun  **Don & Dearne Summer Series**  10km  
**Thu**  
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY  
T: 01226 288135  E: mcnab775@btinternet.com  
**Entry Fee: £1.00**

20 Jun  **Havac Thursday Walks**  5/10km  
**Thu**  
10:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk. CB9 0DG  
T: 01440 705170  E: max_eason@hotmail.co.uk  
**Entry Fee: £0.50**

23 Jun  **Waendel Sunday Series**  10/20km  
**Sun**  
08:00  Coach Trip tbc  
Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA  
T: 01604 410723  E: stevesloan28@btinternet.com  
**Entry Fee: £0.50/£1.00**
23 Jun  Wessex Series  10/20km
Sun  Amesbury Walkers (BWF 49)  Entry Fee: £1.00
09:00 - Lake Estate Club, Wilsford-cum-Lake, nr Amesbury
10:00  Wiltshire. SP4 7BN
(OS Map: EX 130  GR: SU 132390)
Peter Denison, 2 Test Cottages, St Mary Bourne,
Andover, Hampshire.  SP11 6BX
T: 01264 738569  E: info@amesburywalkers.co.uk

25 Jun  Vikings Summer Series  5/10km
Tue  Lincolnshire Vikings Walking Club (BWF 89)
18:30 - Entry Fee: £0.50
18:45  The Lincoln Green, Lincoln Road, North Hykeham,
Lincoln  LN6 8DL
(OS Map: LR 121/EX 272  GR: SK 951669)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford,
Lincolnshire.  NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

27 Jun  Don & Dearne Summer Series  10km
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough,
Barnsley, South Yorkshire.  S70 5HY
Tel: 01226 288135  E: mcnab775@btinternet.com

28 - 30 Jun  MOURNE INTERNATIONAL WALKING FESTIVAL  10 - 30km
Fri - Sun  Newry Mourne & Down District Council (BWF 202)
Various start times from 08:00  Entry Fee from: £6.00
Newcastle, Co Down.  BT30
(Map: 255  GR: J 382318)
Michelle Boyle, Bagenals Castle, Abbey Way, Newry,
Co. Down.  BT34 2BY
T: 00 44 28 3031 3182  E: michelle.boyle@nmandd.org

1 Jul  Havac Summer Series  10km
Mon  Havac Walkers (BWF 15)  Entry Fee: £0.50
17:30  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

3 Jul  Waendel Wednesday Series  10km
Wed  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
18:00  Steve Sloan, 24 Cottagewell Court,
Northampton  NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

4 Jul  Don & Dearne Summer Series  10km
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough,
Barnsley, South Yorkshire.  S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com
FOR FURTHER INFORMATION CONTACT
Castlebar International Four Days’ Walks Office
New Antrim Street, Castlebar, Co. Mayo, Ireland
Tel/Fax: +353 (0)94 9024102
Mobile: +353 (0) 87 6776274
Email : info@castlebar4dayswalks.com
www.castlebar4dayswalks.com

Ireland’s oldest and most celebrated Walking Festival invites you to explore the beauty of the West of Ireland with its spectacular bogs, rivers and mountains. Four days of walking, talking, rambling, music, song & dance- a time to form friendships with kindred spirits.
CASTLEBAR INTERNATIONAL 4 DAYS’ WALKS
Thu - Sun
08:30
Castlebar International 4 Days’ Walks (BWF 201)
Entry Fee: €48 - €66
Castlebar, Co. Mayo, Ireland
Elaine Devereux, Walks Office, New Antrim Street,
Castlebar, Co. Mayo, Ireland  F23 TD60
T: 010 353 87 6776274
E: info@castlebar4dayswalks.com

6 Jul
Amesbury Walkers Summer Series
10km
Sat
Amesbury Walkers (BWF 49)
Entry Fee: £1.00
17:00 - The Oak PH, Smannell, nr. Andover, Hampshire. SP11 6JJ
18:00 (OS Map: EX 131 GR: SU 380490)
Keith Burningham, Braemar, The Ham, Durrington,
Salisbury, Wiltshire. SP4 8HW
T: 01980 653176 E: info@amesburywalkers.co.uk

7 Jul
Waendel Sunday Series
10km
Sun
Waendel Walkers (BWF 1)
Enter Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court,
Northampton NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

7 Jul
Thames Valley Shires Series
10km
Sun
Thames Valley Walking Club (BWF 3)
Enter Fee: £1.00
09:00 - ‘The Lunch Box’ car park, opposite Beefeater PH
10:00 Tattenham Corner, Epsom Downs, Surrey KT18 5NY
(OS Map: EX 146 GR: TQ 224585)
Geoff Bullock, 11a Budges Road, Wokingham,
Berkshire. RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk

9 Jul
Vikings Summer Series
5km
Tue
Lincolnshire Vikings Walking Club (BWF 89)
Enter Fee: £0.50
18:30 - Bottle & Glass PH, Main Street, Normanby-by-Spital,
Lincolnshire LN8 2HE
(OS Map: LR 121/EX 272 GR: TF 001880)
Sarah Eddington, 56 Westbeck, Ruskin, Sleaford,
Lincolnshire. NG34 9GU
T: 07834 121220 E: sarah1edd@aol.com

10 Jul
Rockingham Forest Summer Series
10km
Wed
Rockingham Forest Walkers (BWF 90)
Enter Fee: £0.50
17:30 Michael Dix, 6 Quorn Close, Kettering,
Northamptonshire. NN15 6QT
T: 01536 722074

Have you got some spare time to give the BWF National Committee? See page 8 for details.
11 Jul  Don & Dearne Summer Series  10km  
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00  
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY  
T: 01226 288135  E: mcnab775@btinternet.com  

14 Jul  Rockingham Forest Series  10/20km  
Sun  Rockingham Forest Walkers (BWF 90)  Entry Fee: £0.50  
09:30  Michael Dix, 6 Quorn Close, Kettering, Northamptonshire.  NN15 6QT  
T: 01536 722074  

15 Jul  Havac Summer Series  10km  
Mon  Havac Walkers (BWF 15)  Entry Fee: £0.50  
17:30  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG  
T: 01440 705170  E: max_eason@hotmail.co.uk  

17 Jul  Waendel Wednesday Series  10km  
Wed  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00  
18:00  Steve Sloan, 24 Cottagewell Court, Northampton  NN3 9UA  
T: 01604 410723  E: stevesloan28@btinternet.com  

18 Jul  Don & Dearne Summer Series  10km  
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00  
19:00  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY  
T: 01226 288135  E: mcnab775@btinternet.com  

18 Jul  Havac Thursday Walks  5/10km  
Thu  Havac Walkers (BWF 15)  Entry Fee: £0.50  
10:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG  
T: 01440 705170  E: max_eason@hotmail.co.uk  

21 Jul  Waendel Sunday Series  10/20km  
Sun  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00  
10:00  Steve Sloan, 24 Cottagewell Court, Northampton  NN3 9UA  
T: 01604 410723  E: stevesloan28@btinternet.com  

21 Jul  Wessex Series  10/20km  
Sun  Amesbury Walkers (BWF 49)  Entry Fee: £1.00  
09:00 - 10:00  Great Elm Village Hall, nr. Frome, Somerset.  BA11 3NY  
(OS Map: EX 142  GR: SU 748494)  
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire.  SP11 6BX  
T: 01264 738569  E: info@amesburywalkers.co.uk  

2020 BWF Challenge  
Do you have an idea for a new walking challenge in 2020? Send your idea to  
projects@bwf-ivv.org.uk
23 Jul  Vikings Summer Series  
5/10km  
Lincolnshire Vikings Walking Club (BWF 89)  
18:30 - Entry Fee: £0.50  
18:45 The Old Angel Inn, Wragby Road, Bardney, Lincolnshire  
LN3 5XE  
(OS Map: LR 121/EX 272  GR: TF 120695)  
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford,  
Lincolnshire.  NG34 9GU  
T: 07834 121220  
E: sarah1edd@aol.com  

24 Jul  Rockingham Forest Summer Series  
10km  
Wed  
Rockingham Forest Walkers (BWF 90)  
Entry Fee: £0.50  
17:30  
Michael Dix, 6 Quorn Close, Kettering, Northamptonshire.  NN15 6QT  
T: 01536 722074  

25 Jul  Don & Dearne Summer Series  
10km  
Thu  
White Cross Walkers (BWF 7)  
Entry Fee: £1.00  
19:00 Susan McNab, 16 Wayland Avenue, Worsbrough,  
Barnsley, South Yorkshire.  S70 5HY  
T: 01226 288135  
E: mcnab775@btinternet.com  

28 Jul  Ise Valley Vagabonds Walks  
10/20km  
Sun  
Ise Valley Vagabonds (BWF 70)  
Entry Fee: £0.75/£1.00  
09:00  
Dave Pentlow, 39 Spring Rise, Kettering, Northamptonshire  
NN15 6DP  
T: 07551 077828  
E: davidpentlow1@gmail.com  

29 Jul  Havac Summer Series  
10km  
Mon  
Havac Walkers (BWF 15)  
Entry Fee: £0.50  
17:30 Max Eason, 1 Chapple Drive, Haverhill, Suffolk.  
CB9 0DG  
T: 01440 705170  
E: max_eason@hotmail.co.uk  

31 Jul  Waendel Wednesday Series  
10km  
Wed  
Waendel Walkers (BWF 1)  
Entry Fee: £0.50/£1.00  
18:00 Steve Sloan, 24 Cottagewell Court,  
Northampton  NN3 9UA  
T: 01604 410723  
E: stevesloan28@btinternet.com  

1 Aug  Don & Dearne Summer Series  
10km  
Thu  
White Cross Walkers (BWF 7)  
Entry Fee: £1.00  
19:00 Susan McNab, 16 Wayland Avenue, Worsbrough,  
Barnsley, South Yorkshire.  S70 5HY  
T: 01226 288135  
E: mcnab775@btinternet.com  

4 Aug  Waendel Sunday Series  
10/20km  
Sun  
Waendel Walkers (BWF 1)  
Entry Fee: £0.50/£1.00  
10:00  
Steve Sloan, 24 Cottagewell Court,  
Northampton  NN3 9UA  
T: 01604 410723  
E: stevesloan28@btinternet.com  

31
4 Aug  Thames Valley Shires Series  10km
Sun  Thames Valley Walking Club (BWF 3)  Entry Fee: £1.00
09:00 -  St-Martha’s-on-the-Hill car park, Halfpenny Lane,
10:00  Chilworth, Guildford, Surrey  GU4 8PZ
(OS Map: EX 145  GR: TQ 021484)
Geoff Bullock, 11a Budges Road, Wokingham,
Berkshire. RG40 1PL
T: 01189 629119  E: Geoff.Bullock@neopost.co.uk

5 Aug  Havac Summer Series  10km
Mon  Havac Walkers (BWF 15)  Entry Fee: £0.50
17:30  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

6 Aug  Vikings Summer Series  5/10km
Tue  Lincolnshire Vikings Walking Club (BWF 89)
18:30 -  Entry Fee: £0.50
18:45  Red Lion, Newton, Sleaford, Lincolnshire  NG34 0EE
(OS Map: LR 131/EX 248  GR: TF 044360)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford,
Lincolnshire.  NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

7 Aug  Rockingham Forest Summer Series  10km
Wed  Rockingham Forest Walkers (BWF 90)  Entry Fee: £0.50
17:30  Michael Dix, 6 Quorn Close, Kettering,
Northamptonshire.  NN15 6QT
T: 01536 722074

8 Aug  Don & Dearne Summer Series  10km
Thu  White Cross Walkers (BWF 7)  Entry Fee: £1.00
18:30  Susan McNab, 16 Wayland Avenue, Worsbrough,
Barnsley, South Yorkshire.  S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com

10 Aug  Amesbury Walkers Summer Series  10km
Sat  Amesbury Walkers (BWF 49)  Entry Fee: £1.00
17:00 -  Royal Oak PH, Fritham, New Forest,
18:00  Hampshire  SO43 7HJ
(OS Map: EX  OL22  GR: SU 232142)
Keith Burningham, Braemar, The Ham, Durrington,
Salisbury, Wiltshire.  SP4 8HW
T: 01980 653176  E: info@amesburywalkers.co.uk

11 Aug  Rockingham Forest Series  10/20km
Sun  Rockingham Forest Walkers (BWF 90)  Entry Fee: £0.50
09:30  Michael Dix, 6 Quorn Close, Kettering,
Northamptonshire.  NN15 6QT
T: 01536 722074

Become a BWF Individual Member to receive discounts available in
Cotswold Outdoor, Mountain Warehouse, Magic Mountain, Bauer
Media, Ordnance Survey Maps and much more.
See the website for details or contact
membership@bwf-ivv.org.uk
11 Aug  **SALISBURY 54321**  
**5/10/21/33/42/50km**  
**Sun**  
*Fire Sport UK (BWF 98)*  
08:00 Entry Fee: £2.00 BWF Stamp Only  
Salisbury Fire Station, Ashley Road, Salisbury, Wiltshire  
SP2 7TN  
(OS Map: LR 184  GR: SU 140308)  
Ludo Macaulay, 15 Ashley Road, Salisbury, Wiltshire. SP2 7BZ  
T: 01722 332211  
E: ludomacaulay@hotmail.com  
B C F Mr P Pc(5km) Pk Pmc Rd Rm Rr Rw St Tr U W

14 Aug  **Waendel Wednesday Series**  
**10km**  
**Wed**  
*Waendel Walkers (BWF 1)*  
Entry Fee: £0.50/£1.00  
18:00 Steve Sloan, 24 Cottagewell Court, Northampton  
NN3 9UA  
T: 01604 410723  
E: stevesloan28@btinternet.com

14 Aug  **SHIPTON STAR**  
**5/10/15/20/25/30/35/40km**  
**Wed**  
*Amesbury Walkers (BWF 49)*  
Entry Fee: £2.50  
08:30 - Shipton Bellinger Village Centre, Parkhouse Road,  
16:00 Shipton Bellinger, Tidworth, Hampshire. SP9 7TL  
(OS Map: EX 131  GR:SU 228456)  
Tony Ash, 79 Chelston Avenue, Yeovil, Somerset. BA21 4PT  
T: 01935 474388  
E: ENTER ON DAY OF EVENT ONLY

15 Aug  **Don & Dearne Summer Series**  
**10km**  
**Thu**  
*White Cross Walkers (BWF 7)*  
Entry Fee: £1.00  
18:30 Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY  
T: 01226 288135  
E: mcnab775@btinternet.com

15 Aug  **Havac Thursday Walks**  
**5/10km**  
**Thu**  
*Havac Walkers (BWF 15)*  
Entry Fee: £0.50  
10:00 Max Eason, 1 Chapple Drive, Havering, Suffolk CB9 0DG  
T: 01440 705170  
E: max_eason@hotmail.co.uk

18 Aug  **Waendel Sunday Series**  
**10/20km**  
**Sun**  
*Waendel Walkers (BWF 1)*  
Entry Fee: £0.50/£1.00  
10:00 Steve Sloan, 24 Cottagewell Court, Northampton  
NN3 9UA  
T: 01604 410723  
E: stevesloan28@btinternet.com

20 Aug  **Vikings Summer Series**  
**5/10km**  
**Tue**  
*Lincolnshire Vikings Walking Club (BWF 89)*  
Entry Fee: £0.50  
18:15 - Dambusters Inn, High Street, Scampton, Lincoln LN1 2SD  
(OS Map: LR 121/EX 272  GR: SK 952792)  
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU  
T: 07834 121220  
E: sarah1edd@aol.com
22 Aug Don & Dearne Summer Series 10km
Thu 18:30 White Cross Walkers (BWF 7) Entry Fee: £1.00
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

29 Aug Don & Dearne Summer Series 10km
Thu 18:30 White Cross Walkers (BWF 7) Entry Fee: £1.00
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

31 Aug Amesbury Walkers Summer Series 10km
Sat 17:00 - 18:00 Amesbury Walkers (BWF 49) Entry Fee: £1.00
Keith Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire. SP4 8HW
T: 01980 653176 E: info@amesburywalkers.co.uk

1 Sep Waendel Sunday Series 10/20km
Sun 10:00 Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

1 Sep Thames Valley Shires Series 10/20km
Sun 09:00 - 10:00 Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk

3 Sep Vikings Summer Series 5/10km
Tue 18:15 - 18:30 Lincolnshire Vikings Walking Club (BWF 89) Entry Fee: £0.50
Lincoln Moorlands Railway Club, Newark Road, Lincoln LN6 8RT
(OS Map: LR 121/EX 272 GR: SK 961681)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU
T: 07834 121220 E: sarah1edd@aol.com

8 Sep Wessex Series 10/20km
Sun 09:00 - 10:00 Amesbury Walkers (BWF 49) Entry Fee: £1.00
Pitton Village Hall, nr. Salisbury, Wiltshire. SP5 1DU
(OS Map: EX 131 GR: SU 211312)
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX
T: 01264 738569 E: info@amesburywalkers.co.uk
15 Sep  Waendel Sunday Series  10/20km
Sun  Coach Trip tbc
08:00  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
Steve Sloan, 24 Cottagewell Court, Northampton  NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

15 Sep  Vagabonds Walks  10/20km
Sun  Ise Valley Vagabonds (BWF 70)  Entry Fee: £0.75/£1.00
09:00  Dave J Pentlow, 39 Spring Rise, Kettering, Northamptonshire.  NN15 6DP
T: 07551 077828  E: davidpentlow1@gmail.com

18 - 21  WELSH INTERNATIONAL FOUR DAYS' WALKS
Sep 8/13(Led)/19/32km
Wed -  Llanwrtyd Wells Walking Club (BWF 5)
09:00 -  Entry Fee: £10.00 per day, £30.00 for four days
10:00  Powys, Wales.  LD5 4RB
(OS Map: LR 147  GR: SN 879467)
Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys, Wales.  LD5 4RB
T: 01591 610666  E: enquiries@llanwrtydwalking.co.uk

19 Sep  Havac Thursday Walks  5/10km
Thu  Havac Walkers (BWF 15)  Entry Fee: £0.50
10:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

22 Sep  Vikings Winter Series  5/10km
Sun  Lincolnshire Vikings Walking Club (BWF 89)
10:30 -  Entry Fee: £0.50
11:30  Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire.  NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

22 Sep  Rockingham Forest Series  10/20km
Sun  Rockingham Forest Walkers (BWF 90)  Entry Fee: £0.50
09:30  Michael Dix, 6 Quorn Close, Kettering, Northamptonshire.  NN15 6QT
T: 01536 722074

29 Sep  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
10:00  Steve Sloan, 24 Cottagewell Court, Northampton  NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

Have you registered to walk a BWF Long Distance Walk or Medium Distance Walk?
Details on Pages 89-91 or Website www.bwf-ivv.org.uk

35
29 Sep Thames Valley Shires Series 10/20km
09:00 - 10:00
Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
Colt Hill car park, Basingstoke Canal, London Road, Odiham, Hants, RG29 1AL
(OS Map: EX 144 GR: SU 747517)
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire. RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk

29 Sep Don & Dearne Winter Series 15km
10:30
White Cross Walkers (BWF 7) Entry Fee: £1.00
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY
T: 01189 629119 E: mcnab775@btinternet.com

6 Oct Havac Winter Series 10/20km
09:00 - 10:00
Havac Walkers (BWF 15) Entry Fee: £0.50
Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG
T: 01440 705170 E: max_eason@hotmail.co.uk

6 Oct WYLYE VALLEY KANTER 10/20/30/40km
08:30 - 14:00
Amesbury Walkers (BWF 49) Entry Fee: £2.50
South Newton Village Hall, Warminster Road, South Newton, Salisbury, Wiltshire.
SP2 0PJ
T: 01980 653176 E: kanter@amesburywalkers.co.uk

6 Oct Vagabonds Walks 10/20km
09:00
Ise Valley Vagabonds (BWF 70) Entry Fee: £0.75/1.00
Dave J Pentlow, 39 Spring Rise, Kettering, Northamptonshire. NN15 6DP
T: 07551 077828 E: davidpentlow1@gmail.com

13 Oct Waendel Sunday Series 10/20km
10:00
Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

13 Oct RAFWARMA WINTER WALK 10/20/30km
09:00 - 12:00
RAF WARMA (BWF 2) Entry Fee: £2.50
Sandbach Scout Hall, Chapel St, Sandbach, Cheshire CW11 1DS
T: 01604 410723 E: events@rafarma.co.uk

13 Oct Don & Dearne Winter Series 15km
Sun White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30 Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

13 Oct Vikings Winter Series 5/10km
Sun Lincolnshire Vikings Walking Club (BWF 89) Entry Fee: £0.50
10:30 - The Nelson PH, Besthorpe, Lincolnshire. NG23 7HJ
(OS Map: LR 121/EX 271 GR: SK 826647)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire. NG34 9GU
T: 07834 121220 E: sarah1edd@aol.com

17 Oct Havac Thursday Walks 5/10km
Thu Havac Walkers (BWF 15) Entry Fee: £0.50
10:00 Max Eason, 1 Chapple Drive, Haverhill, Suffolk CB9 0DG
T: 01440 705170 E: max_eason@hotmail.co.uk

20 Oct Wessex Series 10/20km
Sun Amesbury Walkers (BWF 49) Entry Fee: £1.00
09:00 - Amesbury Bowling Club, Antrobus House, Amesbury
10:00 Wiltshire. SP4 7HH
(Map: Explorer EX 130 GR: SU 156412)
Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire. SP11 6BX
T: 01264 738569 E: info@amesburywalkers.co.uk

20 Oct Rockingham Forest Series 10/20km
Sun Rockingham Forest Walkers (BWF 90) Entry Fee: £0.50
09:30 Michael Dix, 6 Quorn Close, Kettering, Northamptonshire. NN15 6QT
T: 01536 722074

27 Oct Waendel Sunday Series 10/20km
Sun Waendel Walkers (BWF 1) Entry Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com

27 Oct Don & Dearne Winter Series 15km
Sun White Cross Walkers (BWF 7) Entry Fee: £1.00
10:30 Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire. S70 5HY
T: 01226 288135 E: mcnab775@btinternet.com

3 Nov Thames Valley Shires Series 5/10km
Sun Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
09:00 - Public car park next to Lord Pirbright Hall, West Side,
10:00 The Green, Woking, Surrey GU24 0JE
(OS Map: EX 145 GR: SU 941562)
Geoff Bullock, 11a Budge Road, Wokingham, Berkshire. RG40 1PL
T: 01189 629119 E: Geoff.Bullock@neopost.co.uk
3 Nov  
**Havac Winter Series**  
10/20km  
**Sun**  
Havac Walkers (BWF 15)  
Entry Fee: £0.50  
09:00  
Max Eason, 1 Chapple Drive, Havering, Suffolk  
CB9 0DG  
T: 01440 705170  
E: max_eason@hotmail.co.uk

3 Nov  
**Vagabonds Walks**  
10/20km  
**Sun**  
Ise Valley Vagabonds (BWF 70)  
Entry Fee: £0.75/£1.00  
09:00  
Dave J Pentlow, 39 Spring Rise, Kettering, Northamptonshire.  
NN15 6DP  
T: 07551 077828  
E: davidpentlow1@gmail.com

3 Nov  
**Vikings Winter Series**  
10km  
**Sun**  
Lincolnshire Vikings Walking Club (BWF 89)  
Entry Fee: £0.50  
Away Day  
Sarah Eddington, 56 Westbeck, Rustington, Sleaford, Lincolnshire.  
NG34 9GU  
T: 07834 121220  
E: sarah1edd@aol.com

10 Nov  
**Waendel Sunday Series**  
10/20km  
**Sun**  
Waendel Walkers (BWF 1)  
Entry Fee: £0.50/£1.00  
10:00  
Steve Sloan, 24 Cottagewell Court, Northampton  
NN3 9UA  
T: 01604 410723  
E: stevesloan28@btinternet.com

10 Nov  
**Don & Dearne Winter Series**  
15km  
**Sun**  
White Cross Walkers (BWF 7)  
Entry Fee: £1.00  
10:30  
Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  
S70 5HY  
T: 01226 288135  
E: mcnab775@btinternet.com

17 Nov  
**Wessex Series**  
10/20km  
**Sun**  
Amesbury Walkers (BWF 49)  
Entry Fee: £1.00  
09:00 -  
Upper Deverills Village Hall, Kingston Deverill,  
Wiltshire.  
BA12 7HG  
(OS Map: EX 143  
GR: ST 848350)  
Peter Denison, 2 Test Cottages, St Mary Bourne,  
Andover, Hampshire.  
SP11 6BX  
T: 01264 738569  
E: info@amesburywalkers.co.uk

21 Nov  
**Havac Thursday Walks**  
5/10km  
**Thu**  
Havac Walkers (BWF 15)  
Entry Fee: £0.50  
10:00  
Max Eason, 1 Chapple Drive, Havering, Suffolk  
CB9 0DG  
T: 01440 705170  
E: max_eason@hotmail.co.uk

23 - 24 Nov  
**REAL ALE RAMBLE**  
8,13(Led)/19/32km  
**Sat/Sun**  
Llanwrtyd Wells Walking Club (BWF 5)  
Entry Fee: £6.00, £11.00 per day, £18.00 for 2 days  
08:00 -  
Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys  
(LS Map: LR 147  
GR: SN 879467)  
Lindsay Ketteringham, Neuadd Arms Hotel,  
Llanwrtyd Wells, Powys, Wales.  
LDS 4RB  
T: 01591 610666  
E: enquiries@llanwrtydwalking.co.uk  
B C F H m r P Pmc Rm Rr Rv Rw(32km)  
St Tr W
24 Nov  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1)          Entry Fee: £0.50/£1.00
10:00  Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

24 Nov  Don & Dearne Winter Series  15km
Sun  White Cross Walkers (BWF 7)   Entry Fee: £1.00
10:30  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com

24 Nov  Vikings Winter Series  5/10km
Sun  Lincolnshire Vikings Walking Club (BWF 89) Entry Fee: £0.50
10:30 -
11:30  Sarah Eddington, 56 Westbeck, Ruskinson, Sleaford, Lincolnshire.  NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

1 Dec  Thames Valley Shires Series  5/10km
Sun  Thames Valley Walking Club (BWF 3) Entry Fee: £1.00
09:00 -
10:00  (OS Map: EX 159     GR: SU 706732)
Geoff Bullock, 11a Budges Road, Wokingham, Berkshire.  RG40 1PL
T: 01189 629119  E: Geoff.Bullock@neopost.co.uk

1 Dec  Havac Winter Series  10/20km
Sun  Havac Walkers (BWF 15)          Entry Fee: £0.50
09:00  Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

1 Dec  Vagabonds Walks  10/20km
Sun  Ise Valley Vagabonds (BWF 70) Entry Fee: £0.75/£1.00
09:00  David J Pentlow, 39 Spring Rise, Kettering, Northamptonshire.  NN15 6DP
T: 07551 077828  E: davidpentlow1@gmail.com

8 Dec  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1)          Entry Fee: £0.50/£1.00
08:00  Coach Trip
Steve Sloan, 24 Cottagewell Court, Northampton NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

8 Dec  Don & Dearne Winter Series  15km
Sun  White Cross Walkers (BWF 7)   Entry Fee: £1.00
10:30  Susan McNab, 16 Wayland Avenue, Worsbrough, Barnsley, South Yorkshire.  S70 5HY
T: 01226 288135  E: mcnab775@btinternet.com

Have you got some spare time to give the BWF National Committee? See page 8 for details.
12 Dec  Havac Thursday Walks  5/10km
Thu  Havac Walkers (BWF 15)  Entry Fee: £0.50
10:00 Max Eason, 1 Chapple Drive, Haverhill, Suffolk  CB9 0DG
T: 01440 705170  E: max_eason@hotmail.co.uk

15 Dec  Wessex Series  10/20km
Sun  Amesbury Walkers (BWF 49)  Entry Fee: £1.00
09:00 - Durrington Recreation Pavilion, Durrington,
10:00 Wiltshire.  SP4 8HH
(OS Map: EX 130  GR: SU 161447)
Peter Denison, 2 Test Cottages, St Mary Bourne,
Andover, Hampshire.  SP11 6BX
T: 01264 738569  E: info@amesburywalkers.co.uk

15 Dec  Vikings Winter Series  5/10km
Sun  Lincolnshire Vikings Walking Club (BWF 89)
10:30 -  Entry Fee: £0.50
11:30 The Old School, Mill Hill, Nettleham, Lincoln  LN2 2PE
(OS Map: LR 121/EX 271  GR: TF 008752)
Sarah Eddington, 56 Westbeck, Ruskington, Sleaford,
Lincolnshire.  NG34 9GU
T: 07834 121220  E: sarah1edd@aol.com

22 Dec  Waendel Sunday Series  10/20km
Sun  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court,
Northampton  NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

27 Dec  Waendel Sunday Series  10km
Fri  Waendel Walkers (BWF 1)  Entry Fee: £0.50/£1.00
10:00 Steve Sloan, 24 Cottagewell Court,
Northampton  NN3 9UA
T: 01604 410723  E: stevesloan28@btinternet.com

2020 BWF Challenge
Send ideas for a new walking challenge in 2020 to projects@bwf-ivv.org.uk

Become a BWF Individual Member to receive discounts available in Cotswold Outdoor, Mountain Warehouse, Magic Mountain, Bauer Media, Ordnance Survey Maps and much more.
See the website for details or contact membership@bwf-ivv.org.uk
How Permanent Trails Work in Great Britain

Walkers can obtain a route description either by following the links on the BWF website (www.bwf-ivv.org.uk) and downloading the route or by contacting the walk organiser who will send the route. When you walk a permanent trail you will need to find the answers to questions on your way. The answers will provide proof that you have completed the walk when you apply for IVV credit.

After completing the trail and answering the questions, you should complete the PT registration form (on the BWF website) and send it, along with the appropriate fee to the trail organiser. You can obtain your IVV stamp by sending your IVV cards or BWF insert cards to the trail organiser or by asking the trail organiser to supply your stamp on new insert cards.

To assist you in selecting a suitable trail the routes have been graded to indicate the degree of difficulty. Grade 1 is easy whilst grade 3 is more strenuous. The grades have been supplied by the trail organiser.

There is a special Challenge, which is to complete 100 different BWF registered Trails including Permanent Trails, National Trails, Medium Distance Walks and Long Distance Walks. For more information visit BWF website www.bwf-ivv.org.uk.

Can you meet the challenge to complete 100 different BWF registered Trails? There is no completion time limit on the challenge.

Registration Fee is £2.00 and successful participants will receive a certificate on completion and will have the option to purchase a commemorative award.

To register for the Challenge or for further information either send an SAE to: PT100 Challenge, 12 Burwood Grove, Hayling Island, Hants. PO11 9DS or visit www.bwf-ivv.org.uk.

You can also purchase an embroidered badge after completing 25, 50 & 75 trails. The 100 event badge is free if all other badges have been purchased. Badges cost £2.00 each.
PERMANENT TRAILS
ENGLAND

Bedfordshire

Marston Vale Millenium Country Park Trail (PT 195)
10km - Grade 1 - B P Pc Pk Rd Rv Tr Wc
Start: Forest Centre, Station Road, Marston Moretaine MK43 0PR
(OS Map: LR 153 GR: TL 005418) Entry Fee: £1.00
Award: Badge at £2.00
Within the Marston Vale Forest Park, this circular route goes around the Park, set up under the 'Forests for Communities' scheme. The walk takes you around a former clay pit from the brick industry, a local example of environmental regeneration at work.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Marston Vale Timberland Trail (PT 196)
21km - Grade 3 - B F mr P Pk Rd Rr Rv Rw Tr U W
Start: Forest Centre, Station Road, Marston Moretaine MK43 0PR
(OS Map: LR 153 GR: TL 005418) Entry Fee: £1.00
Award: Badge at £2.00
This fully waymarked trail starts at the Forest Centre, crosses farmland then rises to take in the wooded landscape of the Greensand Ridge. This, with the town of Ampthill and its historic parkland, make for an interesting, if strenuous, walk.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Kempston Permanent Trail (PT 197)
13km - Grade 2 - B C F mr P Rd Rr Rv W
Start: King William IV Pub, 56 High Street, Kempston MK42 7AL
(OS Map: LR 153 GR: TL 025473) Entry Fee: £1.00
Award: Badge at £2.00
Starting at a 17th Century Inn, the walk crosses farmland along the River Great Ouse, traverses two golf courses and passes through small villages and woods. The final stretch by the river is along an avenue of Lime trees.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Bedford River Walk (PT 205)
11km - Grade 1 - B C mr P Pc Pk Rd Rr Rv U
Start: Priory Country Park, Barkers Lane, Bedford MK41 9DJ
(OS Map: LR 153 GR: TL 072493) Entry Fee: £1.00
A pleasant stroll visiting the village of Elstow, birthplace of Bedford's most famous son, John Bunyan. Returning along the banks of the magnificent River Great Ouse.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com
**Bedford Country Park & Town Trail (PT 211)**

10km - Grade 1 - B C mr P Pc Pk Rd Rr Rv U Wc
Start: Priory Country Park, Barkers Lane, Bedford MK41 9DJ
(OS Map: LR 153 GR: TL 072493) Entry Fee: £1.00
This trail takes in the Priory Country Park and riverside walks not visited on the Bedford River Walk, the historic Castle Motte and interesting parts of the modern centre of the town, whose Charter was first granted in 1166.

Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

**Marston Vale Jubilee Walk (PT 274)**

11km - Grade 2 - B F mr P Pk Rd Rv St Tr W
Start: Forest Centre, Station Road, Marston Moretaine MK43 0PR
(OS Map: LR 153 GR: TL 005417) Entry Fee: £1.00
Award: Free sticker
From Marston Vale Country Park, through surrounding countryside to Hunger Hill and Rectory Wood, returning via the ancient woodland of Marston Thrift. Can be combined with 2 other Trails from the same venue for a longer walk.

Ise Valley Vagabonds - Carol Jones, 138 Rushden Road, Wymington, Rushden, Northamptonshire. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

**Wrest Park Armistice Trail (PT 290)**

12km - Grade 2 - B F mr P Pk Rd Rr Rv St W
Start: Wrest Park, Silsoe MK45 4HR
(OS Map: EX 193 GR: 088355) Entry Fee: £1.00
The walk starts from Wrest Park and visits the villages of Lower Gravehurst, Shillington and Higham Gobion before returning to the start.

Rockingham Forest Walkers - Phil Percival, 77 Thor Drive, Bedford MK41 0WN
T: 07950 703437 E: philpercival77@aol.com

**2020 BWF Challenge**

Send ideas for a new walking challenge in 2020 to projects@bwf-ivv.org.uk
Reading Rivers & Buildings Walk (PT 52)
10km - Grade 1 - B C mr P Pk Rd Rr Rv Tr U
Start: Riverside Car Park, Caversham Bridge, Reading
(OS Map: LR 175 GR: SU 710747) Entry Fee: £1.00
Award: Badge at £2.00
The walk starts from Caversham Bridge Car Park to the rear of the Holiday Inn Hotel. It takes you round the heart of Reading town centre as well as the Abbey ruins. It also passes through the 'Oracle Shopping Centre'.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire. RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

Windsor Jubilee Trail (PT 69)
10km - Grade 1 - B C MR P Pk Rd Rv Tr U
Start: Windsor & Eton Central Railway Station, Thames Street, Windsor SL4 1PJ (OS Map: LR 176 GR: SU 966769) Entry Fee: £1.00
From the former 'Great Western Railway' terminus opposite the Castle, the route joins and follows the River Thames for a while. At various points along the route Windor Castle is visible in the distance. The route returns to the station via part of 'The Long Walk' and Windsor High Street.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire. RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

Windsor & Eton Trail (PT 245)
10km - Grade 1+ - B C F P Rd Rr Rv Tr U
Start: Windsor & Eton Central Railway Station, Thames Street, Windsor SL4 1PJ (OS Map: LR 176 GR: SU 966769) Entry Fee: £1.00
After crossing the River Thames the route goes through Eton passing Eton College. The route then follows the Jubilee River for a while to reach Eton Wick. The route returns along the River Thames to Windsor. At various points along the route Windor Castle is visible in the distance.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire. RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

Greenham Common Trail (PT 249)
10km - Grade 2 - H mr P Pc Pk Rd Rr W
Start: Control Tower Car Park, Greenham and Crookham Common, RG9 8BZ (OS Map: LR 174 GR: SU 499651) Entry Fee: £1.00
Award: Badge at £2.00
This trail is routed around the former RAF and USAF Airbase which has been put back to common land following its closure and now owned by West Berkshire Council. The route follows well defined paths that were once the taxiways and runways of the former airfield. Passing buildings and sites on the airfield and Business Park, that are now of historical interest.
RAF WARMA - Grant Chivers, 18 Laurel Close, North Warnborough, Hook, Hampshire. RG29 1BH
T: 01256 702901 E: treasurer@rafwarma.org.uk
Buckinghamshire

Wendover Trail (PT 261)
12km - Grade 2 - B C MR mr Pk Pmc Rd Rr RV Tr U W
Start: Car Park, High Street, Wendover, Buckinghamshire. HP22 6EA
(OS Map: EX 181 GR: SP 869078) Entry Fee: £1.00
Award: Badge £2.00
The walk takes you a short distance on the ridgeway path of the Chiltern Hills, before winding its way up through Wendover woods for far reaching views of the Buckinghamshire countryside. Coming off the hills you pass RAF Halton and its airfield, into the picturesque village of Halton and the churchyard with military graves. You then follow the canal back into Wendover village.
RAF WARMA - Grant Chivers, 18 Laurel Close, North Warnborough, Hook, Hampshire. RG29 1BH
T: 01256 702901 E: treasurer@rafarma.org.uk

Cambridgeshire

Cambridge Circular Walk (PT 11)
10km - Grade 1 - B C MR mr Pc Rd Rr RV Tr U Wc
Start: Drummer Street Bus Station, Cambridge CB1 1NQ
(OS Map: 154 GR: TL 452548) Entry Fee: £1.50
A 10km walk around the City of Cambridge, passing some of the Colleges, the old Castle from where there are fine views of the city, and alongside rivers in places. Here, punts can be hired to absorb the tranquility of the river and the University.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminter, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Peterborough City Trail (PT 208)
10km - Grade 1 - B MR mr Pk Pk Pmc Rd Rr Rv Rw Tr U Wc
Start: The Gordon Arms PH, 527 Oundle Road, Peterborough PE2 7DH
(OS Map: 234 GR: SK 938083) Entry Fee: £1.00
The walk takes you through the city of Peterborough, a historically important and thriving market town nestling in the English countryside. Originally known as Medeshamstede, it has been a centre for Christian worship since AD65.
Rockingham Forest Walkers - Permanent Trails Officer, 77 Thor Drive, Bedford, Bedfordshire. MK41 0WN
T: 01234 359483 E: trails@rockingham-forestwalkers.com

Become a BWF Individual Member to receive discounts available in Cotswold Outdoor, Mountain Warehouse, Magic Mountain, Bauer Media, Ordnance Survey Maps and much more.
See the website for details or contact membership@bwf-ivv.org.uk

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The Castle Meander (PT 237)
12km  -  Grade 2  -  B  F  mr  P  Pk  Rd  Rv
Start: The New Sun Inn, 20 Hign Street, Kimbolton PE28 0HA
(OS Map: EX 225  GR: TL 099677)  Entry Fee: £1.00
A delightful walk starting from the quaint village of Kimbolton, best known for its castle which was the sad final home of King Henry VIII’s first queen, Catherine of Aragon. This charming walk meanders across the exquisite Cambridgeshire countryside and passes through the castle parkland on the last leg.
Rockingham Forest Walkers - Permanent Trails Officer, Rockingham Forest Walkers, 77 Thor Drive, Bedford, Bedfordshire. MK41 0WN
T: 01234 359483  E: trails@rockingham-forestwalkers.com

The Wandlebury Trail (PT 258)
10km  -  Grade 1  -  B  P  Pk  Rd  Rv  W
Start: Magog Down Car Park, Stapleford, Cambridge. CB22 5FX
(OS Map: LR 154  GR: TL 486531)  Entry Fee: £1.50
The trail takes you onto the Magog Down, an area of open grass chalkland on the slopes of the Gog Magog Hills just outside and to the south of Cambridge. It then goes into the Wandlebury Country Park, through woodlands and around the Wandlebury Ring, the remains of an Iron Age Fort.
Havac Walkers – Peter Addison, 38 Peterborough Avenue, Upminster, Essex RM14 3LL
T: 07976 671062  E: peter.addison1942@gmail.com

"Tobacco for Soldiers" WWI Armistice Walk (PT 280)
11km  -  Grade 1  -  C  mr  P  Pk  Rd  Rr  U
Start: High Street, Fen Ditton CB5 8ST
(OS Map: LR 154  GR: 483604)  Entry Fee: £1.50
You follow cycle tracks and footpaths into Cambridge, where you do a tour of the city. (It is possible to link up with the walk from Grantchester, and then complete the Rupert Brooke walk once in Grantchester) You return to Fen Ditton along a riverside path.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062  E: peter.addison1942@gmail.com

Horseheath WWI Armistice Memorial Walk (PT 294)
12km  -  Grade 1  -  B  F  mr  P  Pk  Rd  Rv
Start: The Black Bull, 22 High Street, Balsham CB21 4DJ
(OS Map: LR 154  GR: 587507)  Entry Fee: £1.50
The walk takes you from The Black Bull along a country lane to the Roman Road, which you follow to the village of Horseheath. You return via lanes and footpaths, passing through the village of Balsham, back to the finish.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062  E: peter.addison1942@gmail.com

Website: www.bwf-ivv.org.uk
Grantchester Armistice WWI Walk (PT 304)
10km  -  Grade 1  -  B  C  F  mr  P Pk  Rd  Rr  Rv  St  U
Start: The Red Lion, Grantchester CB3 9NF
(OS Map: LR 154  GR: 434556)  Entry Fee: £1.50 From Grantchester, (of the TV programme fame), you follow riverside paths into Cambridge (where you can join the Fen Ditton walk). You return via a country lane, permitted path and tarmac path. The Rupert Brooke memorial also stands in Grantchester Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062  E: peter.addison1942@gmail.com

Chester City Trail (PT 152)
12km  -  Grade 1  -  B  C  F  Mr  Pc  Pkc  Pmc  Rd  Rr  Tr  U  Wc
Start: Chester Railway Station, Station Road, Chester CH1 3NS
(OS Map: LR 117  GR: SJ 413669)  Entry Fee: £1.00 Award: Badge at £2.00 Undertake a full circuit of the walls of this Roman town. The walk goes beside the river Dee and passes the Racecourse. Visit the "Rows", shops on medieval double level walkways. Allow plenty of time for browsing.

Lincolnshire Vikings Walking Club  -  Spike & Helen Elliott, 11 St Ives Close, Macclesfield, Cheshire SK10 3JX
T: 01625 423201  E: lvwc.bwf89@btinternet.com

Cornwall

Lostwithiel & Lanhydrock (PT 146)
14km  -  Grade 2  -  B  C  F  MR  Mr  P  Rd  Rv  Rr  Tr  U  W
Start: Lanhydrock House Car Park, Lanhydrock, nr Bodmin PL30 5AD
(OS Map: LR 200  GR: SX 087642)  Entry Fee: £1.00 Award: Badge at £2.50 This walk can also be started at Lostwithiel Station or the National Trust Car Park at Lanhydrock House (signposted from the A30 at Bodmin). The walk uses paths, lanes and minor roads through the beautiful Cornish countryside.

Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall PL14 5HY
T: 01579 344281  E: k9r@btinternet.com

2020 BWF Challenge
Do you have an idea for a new walking challenge in 2020? Send your idea to projects@bwf-ivv.org.uk
Mount Edgcumbe Trail (PT 147)
11km - Grade 2 - B C F mr P Pk Rd Rr Rv W
Start: Mount Edgcumbe Country Park, near Plymouth, PL10 1HZ
(OS Map: LR 201 GR: SX 454534) Entry Fee: £1.00
Award: Badge at £2.00
This walk is mainly on undulating footpaths around Mount Edgcumbe Country Park on the Cornish side of the River Tamar, with excellent views across Plymouth Sound.
Amesbury Walkers – Brian Cole, Greenbank, Station Road, Willand, Cullompton, Devon EX15 2PR
T: 01884 821850 E: bri.co.ttrophies@gmail.com

Cumbria

Wordsworth Wander (PT 35)
11km - Grade 2 - B C H MR mr Pmc Rd Rr Rv St W
Start: Car/Coach Park, Stocks Lane, Grasmere (just off A591)
LA22 9SH (OS Map: LR 90 GR: NY 339073) Entry Fee: £1.50 Award: Badge at £2.50
The walk visits several places associated with William Wordsworth; Dove Cottage & Museum, Rydal Mount & St Oswalds Church where Wordsworth’s grave is. The route goes round Grasmere and Rydal Water with magnificent views of some of the Lakeland hills.
British Walking Federation – Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Bowness & Beatrix Walk (PT 122)
11km - Grade 2 - B C F H mr Pmc Rd Rr Rv Tr W
Start: Boat Jetties on Lake Windermere at Bowness LA22 3HQ
(OS Map: LR 97 GR: SD 402967) Entry Fee: £1.50 Award: Badge at £2.50
This walk follows the lakeside and crosses England’s largest lake by ferry. On the western side of the lake it climbs to Hill Top at Sawrey, where Beatrix Potter lived when she wrote her famous Peter Rabbit books. The walk continues through undulating countryside before returning to the ferry.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Ambleside Amble (PT 123)
13km - Grade 3+ - B mr H Pmc Rd Rr Rv
Start: Car park opposite Hays Garden Centre, Ambleside LA22 0DW
(OS Map: LR 90 GR: NY 377037) Entry Fee: £1.50 Award: Badge at £2.50
The walk goes over Wansfell Pike to Troutbeck, with magnificent views back over Windemere, passing the Church. The return is via a lower route.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk
Keswick Armistice Walk (PT 281)
10km      -      Grade 2      -      B  C  mr  P  Pk  Pmc  Rd  Rr  Rv  U  W
Start: Keswick Bus Station car park  CA12 5EA
(OS Map: LR 90   GR: NY 263235)   Entry Fee: £1.00
A mainly low level walk around the town of Keswick and surrounding countryside. The route visits a number of WWI sites as well as the shores of Derwent Water, with great views of surrounding fells throughout. Plenty of toilet and refreshment options on route.
Amesbury Walkers - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria  CA11 9LR
T: 01768 840978   E: nandjwakelam@btinternet.com

Derbyshire

Beeley and Chatsworth House Walk (PT 127)
13km      -      Grade 2      -      B  C  F  Pmc  Rd  Rr  W
Start: Calton Lees Car Park, Nr Beeley, Matlock   DE4 2NQ
(OS Map: LR 119    GR: SK 259685)   Entry Fee: £1.50
Award: Badge at £2.50
The route is strenuous in parts and can be slippery after rain. Most of the climbing is in the first 4 Km to the ridge behind Chatsworth House, to give magnificent views over the estate to the hills beyond.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire  PO11 9DS
T: 02392 462005   E: trails@bwf-ivv.org.uk

Reservoir Ramble (PT 4/155)
11/19km      -      Grade 3      -      C  F  H  MR  mr  P  Rd  Rr  W
Start: Fairholmes Visitor Centre Car Park, Derwent Valley  S30 1AS
(OS Map: LR 110    GR: SK 172893)   Entry Fee: £1.50
Award: Badge at £2.50
Two contrasting walks alongside Ladybower and Derwent Reservoirs and then a high level stretch along Derwent Edge, also woodland and moorland, there are two steep slopes. Derwent was built between 1901 & 1916 & Ladybower between 1935 & 1945.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire  PO11 9DS
T: 02392 462005   E: trails@bwf-ivv.org.uk

Devon

Plymouth Historical Trail (PT 74)
20km      -      Grade 1+      -      B  Tr  P  Rd  Pc  Rv  Rr  U  MR  mr  Pk  C
Start: Life Centre, Milehouse Road, Plymouth, Devon PL2 3DG
(OS Map: LR 201    GR: SX 469564)   Entry Fee: £1.00
Award: Badge at £2.50
From the Devonport area you visit the docks and the Hoe to reach Mayflower Steps, where epic journeys began! You visit the oldest part of Plymouth, pass Plymouth Gin Distillery and go round the city to reach Freedom Park and through the shopping area.
Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall  PL14 5HY
T: 01579 344281   E: k9r@btinternet.com
Lustleigh Cleave Walk (PT 124)
13km - Grade 2+ - H mr P Rd Rr Tr
Start: Manaton Car Park, Manaton TQ13 9UJ
(OS Map: LR 180 GR: SX 750218) Entry Fee: £1.50
Award: Badge at £2.50
The walk soon reaches the wooded slopes of Horsham Cleave and the river Bovey, which is crossed before going up Hunter’s Tor and along the exposed ridge of Lustleigh Cleave to reach the village of Lustleigh.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Tiverton Walk (PT 125)
11km - Grade 2 - C F H mr P Rd Rr Rv Tr U
Start: Tourist Information Centre, Tiverton EX16 6LU
(OS Map: EX 181 GR: SS 953123) Entry Fee: £1.50
Award: Badge at £2.50
Walk through the town and countryside around Tiverton, one of the most attractive towns in Devon. The walk takes in part of the restored Grand Western Canal, dating from 1812. It also passes the former school buildings called Old Blundell’s. A former pupil of the school was R D Blackmore, author of Lorna Doone.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Okehampton & Belstone Walk (PT 145)
13km - Grade 2+ - B C F H mr P Rd Rr U W
Start: Car Park, Belstone, EX20 1RB
(OS Map: LR 191 GR: SX 621938) Entry Fee: £1.00
Award: Badge at £2.50
This walk can also be started at Okehampton Station or Post Office, which can be reached by train or bus from Exeter. The walk takes you along two Cleaves on the edge of Dartmoor. The terrain is variable and beautiful, but can be slippery when wet.
Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall PL14 5HY
T: 01579 344281 E: k9r@btinternet.com

Two Chapels Trail (PT 148)
15km - Grade 2 - C F mr P Pk Rd Rv W
Start: Killerton House Car Park, nr Broadclyst, Exeter EX4 3LE
(OS Map: LR 192 GR: SS 977002) Entry Fee: £1.00
Award: Badge at £2.00
The walk starts from the National Trust car park at Killerton House, near Broadclyst, Exeter (easily accessible from the M5) and is on footpaths and tracks around Killerton House and Gardens.
Amesbury Walkers - Brian Cole, Greenbank, Station Rd, Willand, Cullompton, Devon EX15 2PR
T: 01884 821850 E: brico.ttrophies@gmail.com
Tavistock Trail (PT 150)
14km - Grade 2 - B C F MR mr P Pk Rd Rv U W
Start: Bedford Square, Tavistock
(OS Map: LR 201 GR: SX 482745) Entry Fee: £1.00
Award: Badge at £2.50
This is a circular walk from the ancient Stannary town of Tavistock. It uses paths, lanes and minor roads on the outskirts of Dartmoor National Park in the beautiful Devon countryside. Allow time to explore Tavistock after completing the walk.
Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall PL14 5HY
T: 01579 344281 E: k9r@btinternet.com

Mount Batten Trail (PT 184)
14km - Grade 2 - B C F MR mr P Rd Rr Rv U W
Start: Hotel Mount Batten, nr Plymouth PL9 9SJ
(OS Map: LR 201 GR: SX 485532) Entry Fee: £1.00
Award: Badge at £2.00
Starting from what was once RAF Mount Batten, the walk follows part of the South West Coastal Path and has views across to Bodmin Moor, Dartmoor and across the city of Plymouth. Eddystone Lighthouse, 14 miles out to sea, can be seen on good days.
Amesbury Walkers - Brian Cole, Greenbank, Station Rd, Willand, Cullompton, Devon EX15 2PR
T: 01884 821850 E: brico.ttrophies@gmail.com

Plym Valley Challenge Walk (PT 225)
31km - Grade 3 - B C F H mr P Rd Rr W
Start: Coypool Road, Plympton, Plymouth, (opposite B&Q) PL7 4SS
(OS Map: LR 201 GR: SX 521568) Entry Fee: £1.00
A challenging walk along the banks of the river Plym. Over farmland, moorland and along country lanes, across Cadover Bridge to Meavy (half way and alternative start point GR SX 540671). Then onto the Princetown to Plymouth railway line, now a cycleway across four viaducts and through a tunnel.
Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall PL14 5HY
T: 01579 344281 E: k9r@btinternet.com

Exeter City & Waterways Trail (PT 226)
10km - Grade 2 - B C MR mr P Pk Rd Rr Rv Tr U W
Start: Okehampton Street Car Park, Exeter EX4 1DY
(OS Map: LR 192 GR: SX 913922) Entry Fee: £1.00
Award: Badge at £2.00
Enjoy a historical walk visiting Exeter’s old trading centre by the quayside, ancient city ruins, castle, cathedral grounds and city parks, returning through university grounds and pleasant riverside footpaths to the finish.
Amesbury Walkers - Brian Cole, Greenbank, Station Rd, Willand, Cullompton, Devon EX15 2PR
T: 01884 821850 E: brico.ttrophies@gmail.com
Plymouth Armistice Trail (PT 293)
11km - Grade 1+ - B MR mr P Pc Pmc Rd Rr Rv Tr U
Start: Life Centre, Milehouse Road, Plymouth, Devon PL2 3DG
(OS Map: LR 201 GR: SX 469564) Entry Fee: £1.00
Enjoy this 11km trail which takes you through Plymouth streets and parks to visit three WWI Memorials and to The Hoe followed by shopping area. This walk can also be started from the Railway Station and Coach Station which is written in the route description.

Thames Valley Walking Club - Di Renton, 10 Fernside Park, Tremar Coombe, Liskeard, Cornwall PL14 5HY
T: 01579 344281 E: k9r@btinternet.com

Corfe Castle Trail (PT 185)
10km - Grade 2+ - B F MR mr P Rd Rr Tr U W
Start: National Trust Car Park Opposite Corfe Castle
(OS Map: LR 195 GR: SY 959829) Entry Fee: £1.00
Award: Badge at £2.50
The walk gives good views over the Dorset coastline and passes close to the 12th Century Keep of Corfe Castle. The nearby town of Swanage is worth a visit along with the magnificent Swanage Bay.

Dorset

Dorchester Armistice & Historical Trail (PT 300)
11km - Grade 2 - B C F MR mr P Pk Pmc Rd Rr Rv St Tr U W
Start: The Keep main car park DT1 1RN
(OS Map: LR 194 GR: TY 688906) Entry Fee: £1.00
Historic Dorchester includes Maiden Castle, biggest Iron Age fort in the UK, Roman antiquities, Judge Jefferies Assizes, a Thomas Hardy Trail, a Town & Country Trail through the County town and the fort at Maiden Castle.

Amesbury Walkers - Tony Ash, 79 Chelston Avenue, Yeovil, Somerset BA21 4PT
T: 01935 474388 E: a.ash12@btinternet.com

Edith Cavell WWI Armistice Trail (PT 301)
10km - Grade 1 - C F mr Pk Rd Rv W
Start: The Village Hall, Steeple Bumpstead CB9 7EA
(OS Map: LR 154 GR: 681409) Entry Fee: £1.50 After a brief walk around Steeple Bumpstead, passing the church and The Old Vicarage, the walk follows footpaths to Moyn’s Park. It then goes through the Park, passing the impressive Moyn’s Hall, before leaving the Park and following footpaths back to the start.

Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Essex

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**Gloucstershire**

**Gloucestershire Hidecote Manor Countryside Trail** (PT 134)
13km - Grade 2 - B F Mr P Rd Rr Rv
Start: Hidecote Manor Gardens, Chipping Campden GL55 6LR
(OS Map: LR 151 GR: SP 177430) Entry Fee: £1.50
Award: Badge at £2.50
An upland walk along undulating paths with magnificent views over the Cotswolds. The walk visits two of England’s finest gardens at Hidcote Manor and Kiftsgate Court (The latter is open some days from April to late September and is famous for rare shrubs). The walk also touches on part of the Heart of England Way. There are refreshments at the start and at Mickleton en route.

British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

**Cotswold Water Park Trail** (PT 254)
10km - Grade 2 - B Pmc Rd Rv Rr Mr F W C
Start: Free car park, Gateway Visitor Centre, Gloucestershire GL7 5TL
(OS Map: LR 163 GR: SU 073970) Entry Fee: £1.00
A pleasant flat walk round the canal, rivers and lakes of the Cotswold Water Park. Café and toilets at the start during normal opening hours.

Thames Valley Walking Club - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria CA11 9LR
T: 01768 840978 E:nandjwakelam@btinternet.com

**Manchester City Trail** (PT 251)
10km - Grade 1 - B C MR Mr Pc Pmc Rd Rr Rv Tr U Wc
Start: Manchester Piccadilly Railway Station M1 2QF
(OS Map: LR 109 GR: SJ 848978) Entry Fee: £1.00
Award: Badge at £2.00
A rich mixture of sights, former mills and warehouses of the textile industry. Manchester Cathedral, Opera House, Town Hall and Albert Memorial, Museum of Science and Industry (MOSI) Midland Hotel, GMEX/Manchester Central, Viaducts, Canals, Modern and Old architecture, Arcades, Squares, Statues, Historical sites and shops! Allow plenty of time.

Lincolnshire Vikings Walking Club - Spike & Helen Elliott, 11 St Ives Close, Macclesfield, Cheshire SK10 3JX
T: 01625 423201 E: lvwc.bwf89@btinternet.com

**Greater Manchester**

**Manchester City Trail** (PT 251)
10km - Grade 1 - B C MR Mr Pc Pmc Rd Rr Rv Tr U Wc
Start: Manchester Piccadilly Railway Station M1 2QF
(OS Map: LR 109 GR: SJ 848978) Entry Fee: £1.00
Award: Badge at £2.00
A rich mixture of sights, former mills and warehouses of the textile industry. Manchester Cathedral, Opera House, Town Hall and Albert Memorial, Museum of Science and Industry (MOSI) Midland Hotel, GMEX/Manchester Central, Viaducts, Canals, Modern and Old architecture, Arcades, Squares, Statues, Historical sites and shops! Allow plenty of time.

Lincolnshire Vikings Walking Club - Spike & Helen Elliott, 11 St Ives Close, Macclesfield, Cheshire SK10 3JX
T: 01625 423201 E: lvwc.bwf89@btinternet.com

**Have you got some spare time to give the BWF National Committee? See page 8 for details.**

Like our Facebook Page
British Walking Federation
Queen Elizabeth Country Park Jubilee Trail (PT 2)
12km - Grade 2 - B F Mr PPk Rd Rr Rv Tr W
Start: Queen Elizabeth Country Park, Horndean  PO8 0QE
(OS Map: LR 197   GR: SU 719185) Entry Fee: £1.50
Award: Badge at £2.50
Queen Elizabeth Country Park is situated within the South Downs National Park between Petersfield and Portsmouth. It was opened by Queen Elizabeth on the 2nd of August 1976, and is an established outdoor activity centre with waymarked trails. It is open all year with a visitor centre and café. The route takes you up onto the South Downs with views across to the Isle of Wight and the Solent.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire   PO11 9DS
T: 02392 462005                      E: trails@bwf-ivv.org.uk

Winchester City Heritage Trail (PT 170)
13km - Grade 2 - B C F MR mr P Pk Rd Rr Tr U W
Start: Five Bridges Road, St Cross, Winchester
(OS Map: LR 185   GR: SU 474273) Entry Fee: £1.00
Award: Badge at £2.00
The walk visits the historical sights of the city, including the cathedral and the Round Table. A section of the route climbs the steps to St Catherine's Hill to afford excellent views over the surrounding countryside.
Amesbury Walkers - Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire   SP11 6BX
T: 01264 738569                      E: peter.denison738@btinternet.com

Romsey Circular Walk (PT 203)
11km - Grade 1+ - B C F MR mr P Rd Rr Rv Tr U W
Start: Alma Road Long Stay Car Park (opposite Mole Valley), Romsey Hampshire   SO51 8AN
(OS Map: LR 185   GR: SU 355213) Entry Fee: £1.00
Award: Badge at £2.00
The route takes you round many places of interest in this old historic town. It also includes old waterways and the river Test, country lanes, some woods and open fields. There are many pubs and restaurants available in the town.
Amesbury Walkers - Roger Gibbons, 10 Thornhill Avenue, Southampton, Hampshire   SO19 6PT
T: 02380 464737                      E: info@amesburywalkers.co.uk

Have you registered to walk a BWF Long Distance Walk or Medium Distance Walk? Details on Pages 89-91 or Website www.bwf-ivv.org.uk
Odiham Jubilee Trail (PT 238)
11km - Grade 2 - B C F mr Pmc Rd Rr Rv U W
Start: Baker Hall Car Park, Odiham RG29 1NF
(OS Map: LR 186 GR: SU 742507) Entry Fee: £1.00
Award: Badge at £2.00
This walk takes you through the countryside of north Hampshire, passing through the villages of Odiham and Greywell. The route takes you past the entrance of RAF Odiham, where the Queen reviewed the Royal Air Force in her Coronation year. It also follows a short distance along the Basingstoke canal passing the ruin of Odiham Castle (also known as King John’s Castle).
RAF WARMA - Grant Chivers, 18 Laurel Close, North Warnborough, Hook, Hampshire RG29 1BH
T: 01256 702901 E: treasurer@rafwarma.org.uk

Southampton City Waterfront & Heritage Trail (PT 244)
12km - Grade 1+ - B MR m P Pk Rd Rr Tr U
Start: Crosshouse Long-stay Car Park, Southampton SO14 5GZ
(OS Map: EX OL22 GR: SU 431113) Entry Fee: £1.00
Award: Badge £2.00
A walk round the city taking in many historical sites, as well as along the pier to see the busy seaway and possibly find a cruise ship in dock.
Amesbury Walkers - Rene & David Pilbeam, 172 Salisbury Road, Totton, Hampshire SO40 3LQ
T: 02380 863338 E: renepilbeam@yahoo.co.uk

Portsmouth Historical Waterfront Trail (PT 289)
10km - Grade 2 - B C MR P Pc Pk Rd Rr Rv Tr U W
Start: Portsmouth Harbour Station, Hard Interchange PO1 3EB
(OS Map: LR 196 GR: SU 631002) Entry Fee: £1.50
The trail starts at Portsmouth Harbour close to the Naval Dockyard which houses the naval historic HMS Warrior, HMS Victory and Mary Rose museums. The route follows through Gunwharf Quay and passes the naval heritage sea defences, and the D-Day Museum & Overlord Tapestry.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Alver Valley Armistice Trail (PT 291)
20km - Grade 2 - B C MR m P Pk Pmc Rd Rr U W
Start: Alver Valley Country Park, East car park, Grange Road, Gosport PO13 8AS
(OS Map: EX OL29 GR: SU 587000) Entry Fee: £1.00
Award: Badge at £2.00
This walk starts at the Alver Valley Country Park and is routed through the historic town of Gosport, along the coastal path and promenade to Lee-on-Solent before returning back to the Country Park, passing many WWI historic features and visitor attractions throughout the route.
RAF WARMA - Grant Chivers, 18 Laurel Close, North Warnborough, Hook, Hampshire RG29 1BH
T: 01256 702901 E: chiversgrant@hotmail.com
Shawford Armistice Trail (PT 311)
11km - Grade 1 - B F MR mr P Rd Rr Tr U W
Start: Shawford Down car park SO21 2DG on east side of unclassified road between Compton and Shawford, south of Winchester opposite bridge signed to Compton Down over M3.
(OS Map: EX OL32 GR: SU 466248) Entry Fee £1.00
Generic Badge available for all Amesbury Armistice Trails £5.00
The walk visits the countryside where WWI Training Camps were established before the war and continued in use virtually throughout the conflict. There are also good views of the City of Winchester.
Amesbury Walkers – Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hants SP11 6BX
T: 01264 738569 E: peter.denison738@btinternet.com

Herefordshire

Hereford City Trail (PT 201)
13km - Grade 2 - B C mr P Pc Pk Rd Rr Rv Tr U
Start: Hereford Railway Station HR1 1BB
(OS Map: LR 149 GR: SO 516406) Entry Fee: £1.00
Award: Badge at £2.00
The circular route takes you around all the historic sites including the Castle and the Cider Museum.
Amesbury Walkers - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria CA11 9LR
T: 01793 535235 E: nandjwakelam@btinternet.com

Hertfordshire

Ashridge Trail (PT 278)
10km - Grade 2 - P Pk Pmc Rd Rv W
Start: Bridgewater Monument, off B4506 between Berkhamstead & Dagnall HP4 1LT
(OS Map: EX 181 GR: SP 971131) Entry Fee: £1.00
A woodland walk around part of the Ashridge Estate. From the Bridgewater Monument the route goes through Ashridge Park, circumnavigating Ashridge House (view of House in the distance) and along the Golden Valley before returning to the monument & National Trust visitor centre.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: BTRreading@aol.com

Website
www.bwf-ivv.org.uk
Grand Union Canal (Tring) Armistice Trail (PT 299)
10km - Grade 2 - B C F mr P Rd Rr St
Start: Wilstone Reservoir car park, Lower Icknield Way, Wilstone (on B489) HP23 4NT (nearest post code)
(OS Map: EX 191 GR: SP 904135) Entry Fee: £1.00
The route starts alongside Wilstone Reservoir, before picking up part of the Grand Union Canal Wendover Arm. After a short section skirting Tring, the route picks up the Grand Union Canal before turning onto the Aylesbury Arm at Marsworth to return to Wilstone.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: BTreading@aol.com

Isle of Wight

Shanklin Trail (PT 56)
12km - Grade 2 - B C F MR mr P Pk Rd Rv Tr U W
Start: Shanklin Railway Station PO37 7AR
(OS Map: LR 196 GR: SZ 581819) Entry Fee: £1.00
Award: Badge at £2.00
The walk follows footpaths across farmland and through woods to climb up onto the Downs overlooking the sea, to finally walk through the seaside town of Shanklin.
Amesbury Walkers - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: rogbaker@talktalk.net

Wroxall Trail (PT 62)
12km - Grade 2 - B F MR mr P Pk Rd Rr Rv Tr U W
Start: Shanklin Railway Station PO37 7AR
(OS Map: LR 196 GR: SZ 581819) Entry Fee: £1.00
Award: Badge at £2.00
A level walk along an old disused railway track with a climb onto the Downs above Shanklin, then down onto the coastal promenade with magnificent sea views.
Amesbury Walkers - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: rogbaker@talktalk.net

Windmill Way (PT 67)
28km - Grade 2 - B C F MR mr P Pk Rd Rr Rv Tr U W
Start: Shanklin Railway Station PO37 7AR
(OS Map: LR 196 GR: SZ 581819) Entry Fee: £1.00
Award: Badge at £2.00
Follows the coastal path before climbing the Downs into Bembridge, returning inland to Shanklin.
Amesbury Walkers - Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire SP11 6BX
T: 01264 738569 E: peter.denison738@btinternet.com
Round the Island Trail (PT 73)  
116km - Grade 3 - B C F H MR mr P Pk Rd Rr Rv Tr U W  
Start: Shanklin Railway Station PO37 7AR  
(OS Map: LR 196 GR: SZ 581819) Entry Fee: £1.00  
Award: Badge at £2.00  
A circumnavigation of the island using the signed "Coastal Path". Not strenuous apart from the distance. The I.O.W. bus system makes it easy to split into short days.  
Amesbury Walkers - Jill Green, Fernleaf, Alverstone Road, Apse Heath, Sandown, Isle of Wight PO36 0LF  
T: 01983 863763 E: info@amesburywalkers.co.uk  

Fishbourne Trail (PT 140)  
10km - Grade 2 - B C F MR mr P Rd Rr Rv U W  
Start: Fishbourne IoW Ferry Terminal PO33 4EU  
(OS Map: EX OL29 GR: SZ 555930) Entry Fee: £1.00  
Award: Badge at £2.00  
An easy country walk, from the Ferry Terminal, visiting unspoilt Isle of Wight countryside.  
Amesbury Walkers - John Grylls, 19 Rife Way, Ferring, Worthing, West Sussex BN12 5JX  
T: 01903 247332 E: ronnie13@tiscali.com  

Yarmouth Trail (PT 141)  
21km - Grade 2 - B C F H MR mr P Pk Rd Rr Rv U W  
Start: Yarmouth IoW Ferry Terminal PO41 0PB  
(OS Map: EX OL29 GR: SZ 354897) Entry Fee: £1.00  
Award: Badge at £2.00  
A beautiful walk round the western end of the Island, over the Downs following the coastal footpath. Views of The Needles and the Solent.  
Amesbury Walkers - Tony Ash, 79 Chelston Avenue, Yeovil, Somerset BA21 4PT  
T: 01935 474388 E: info@amesburywalkers.co.uk  

Brading Windmill Trail (PT 266)  
12km - Grade 2 - B C F MR mr Pmc Rd Rr Rv St Tr U W  
Start: Brading Railway Station PO36 0EB  
(OS Map: LR 196 GR: SZ 609867) Entry Fee: £1.00  
Award: Badge at £2.00  
A walk through the RSPB reserve and across Culver Down with views over the English Channel.  
Amesbury Walkers - Peter Denison, 2 Test Cottages, St Mary Bourne, Andover, Hampshire SP11 6BX  
T: 01264 738569 E: peter.denison738@btinternet.com  

Become a BWF Individual Member to receive discounts available in Cotswold Outdoor, Mountain Warehouse, Magic Mountain, Bauer Media, Ordnance Survey Maps and much more. See the website for details or contact membership@bwf-ivv.org.uk
Kent

Dover Permanent Trail (PT 3)
14km - Grade 3 - B C MR mr P Pmc Rd Rr Rv Tr U
Start: Maison Dieu House (Town Hall Offices) Dover CT16 1DW
(OS Map: LR 179 GR: TR 317417) Entry Fee: £1.50
Award: Badge at £2.50
Gateway to England Dover has a plethora of historical interest from the Romans to modern times. Today it plays a major role as a seaport to the continent. The walk visits the town and heads off up to the White Cliffs and the South Foreland Lighthouse, returning via the visitors centre with the magnificent Dover Castle high on the hill.
Back down the steps and along the promenade passing numerous commemorative memorabilia and eventually returning to the Old Gaol through the mainly pedestrian shopping street.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Leicestershire

The 'Two Kings' Trails: Henry's Hike (PT 246)
11km - Grade 2 - B C F mr P Pk Rd Rr Rv W
Start: Bosworth Battlefield Heritage Centre, Ambion Lane, Sutton Cheney CV13 0AD
(OS Map: LR 140 GR: SK 403001) Entry Fee: £1.00
A gentle wood and Ashby Canal towpath stroll heading south to Dadlington village, returning via field paths along the likely eastern edge of the true 1485 battlefield site and Shenton village, with two steep climbs up Ambion Hill near the end.
Capital Trails Walking Club - Ron & Christine Barry, 30 Cooper Gardens, Oadby, Leicestershire LE2 4TX
T: 01162 716986 E: rj_barry@btinternet.com

The 'Two Kings' Trails: Richards Ramble (PT 247)
12km - Grade 2 - B C F mr P Pk Rd Rr Rv W
Start: Bosworth Battlefield Heritage Centre, Ambion Lane, Sutton Cheney CV13 0AD
(OS Map: LR 140 GR: SK 403001) Entry Fee: £1.00
An easy field and lane walk heading north to the historic town of Market Bosworth, returning via its Country Park and Sutton Cheney village, followed by a shorter loop incorporating the Battlefield Trail and Ashby Canal towpath.
Capital Trails Walking Club - Ron & Christine Barry, 30 Cooper Gardens, Oadby, Leicestershire LE2 4TX
T: 01162 716986 E: rj_barry@btinternet.com

2020 BWF Challenge

Do you have an idea for a new walking challenge in 2020? Send your idea to projects@bwf-ivv.org.uk
City of Leicester Heritage Trail (PT 275)
11km - Grade 1 - B C mr P Pk Rd Rr Tr U
Start: Victoria Park Car Park, Granville Road, Leicester LE1 7RU
(OS Map: LR 140 GR: SK 597035) Entry Fee: £1.00
An easy hard-surface route between two of the city's largest Victorian parks via numerous historic buildings and heritage sites including King Richard III and Thomas Cook. Also a long stretch of Grand Union Canal towpath unsuitable for wheelchairs or pushchairs. Plenty of refreshment facilities, toilets and historic information panels.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Lincolnshire

Stamford Permanent Trail (PT 18)
10km - Grade 1 - B C mr P Pk Rd Rr U
Start: Free Car Park, via 'Burghley House Visitors Entrance', Pilsgate Lodges, Barnack Road, Stamford PE9 3JU
(OS Map: LR 141/LR 142 GR: TF 050062) Entry Fee: £1.00
Award: Badge at £2.00
From the grounds of Burghley House, visit the picturesque stone-built town of Stamford, dating from Roman times. Return via the grounds of Burghley House (not open when the Horse Trails are taking place - early September every year).
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Lincoln Tourist Walk (PT 92)
10km - Grade 1+ - B C MR mr P Pc Pk Rd Rr Rv Tr U
Start: The Lawn, Union Road, Lincoln LN1 3BL
(OS Map: LR 121 GR: SK 974719) Entry Fee: £1.00
Award: Badge at £2.00
Lincoln Cathedral dominates but with a Castle, Abbey, Arboretum, Museums, Brayford Pool, old walls, excavations and gateways on route, there is plenty to see. Steep Hill will prove Lincolnshire is not flat. Can be started at Bus/Train Station.
Lincolnshire Vikings Walking Club - Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire LN2 4ST
T: 01522 787142 E: vov.lvwc@gmail.com

Lincoln Town and Country Walk (PT 166)
5km & 11km - Grade 1 & 2+ - B C F MR mr Pk Pmc Rd Rr Tr U
Start: Information Board, Gate to South Park, Lincoln LNS 8ES
(OS Map: LR 121 GR: SK 978699) Entry Fee: £1.00
Award: Badge at £2.00
11km - Walk along the Lincoln "cliff", through farmland and by the river. See some of the rich heritage of Lincoln's past. Can be started from the Bus/Train Station or linked with the Lincoln Tourist walk at the Central Market.
5km - Walk on the South Common, see some of the City of Lincoln and its Waterways.

Lincolnshire Vikings Walking Club – Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire  LN2 4ST
T: 01522 787142  E: vov.lvwc@gmail.com

Ermine Street Trail (PT 273)
54km - Grade 2  -  B C F H MR mr P Rd Rr Rv Rw St Tr U
Start: Tourist Information, Castle Hill, Lincoln LN1 3AA
(OS Map: LR 121/EX 272  GR: SK 976718)  Entry Fee: £1.00
Award: Stamp
This linear route is a 54km stretch of one of England’s oldest main roads, which ran from the heart of London to historic York. Throughout our nation’s history the Ermine Street played a vital part for people and their animals, to move to different markets and religious centres. The route is split into 3 sections (18km, 17km & 19km) but you don’t have to walk it all or in any particular order

Lincolnshire Vikings Walking Club – Rob Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire  NG34 9GU
T: 07834 121220  E: robeddington@aol.com

Grantham Machine Gun Corps Armistice Trail (PT 287)
10km - Grade 2  -  B C F MR mr P Pk Pmc Rd Rr Rv St Tr U
Start: Wyndham Park, Hill Avenue, Grantham NG31 9BB
(OS Map: LR 130  GR: SK 917364)  Entry Fee: £1.00
Starting at the Machine Gun Corps Marching Gate, heading up to the old camp, across farmland to reach a cenotaph, then back into Grantham walking past blue plaques, to the museum and further blue plaques, then back to start passing commemorative pavilion.

Lincolnshire Vikings Walking Club – Rob Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire  NG34 9GU
T: 07834 121220  E: robeddington@aol.com

Lincoln Armistice Trail (PT 305)
11km - Grade 1+  -  B C MR mr P Pk Pmc Rd Rr U
Start: Grandstand Car Park, Carholme Road, Lincoln LN1 1SE
(OS Map: EX 272  GR: SK 959718)  Entry Fee: £1.00
This walk takes you past WWI Trenches, the area where WWI aircraft were tested and a monument to the Tank, which was conceived and built in Lincoln. It passes the hospital used to treat shell-shocked servicemen and goes through the cemetery where many were buried.

Lincolnshire Vikings Walking Club - Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire  LN2 4ST
T: 01522 787142  E: vov.lvwc@gmail.com

Have you registered to walk a BWF Long Distance Walk or Medium Distance Walk?
Details on Pages 89-91 or Website  www.bwf-ivv.org.uk
Hampstead Permanent Trail (PT 16)
12km - Grade 1+ - Bmr Pk Rd Rr Tr U
Start: Hampstead Tube Station (Northern Line)
(OS Map: LR 176 GR: TQ 264858) Entry Fee: £1.00
Award: Badge at £2.00
Visit Hampstead Heath, with excellent views over London, pass fine residences of famous citizens and the site of Ruth Ellis's crime, before passing Kenwood House and then through Golders Hill Park with it's deer enclosure and aviary. Toilets and Cafes.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

London (Hogarth) Permanent Trail (PT 17)
18km - Grade 1 - B C MR mr Pc Rd Rr Rv Tr U Wc
Start: Earls Court Tube Station (Circle & District Lines)
(OS Map: LR 176 GR: TQ 255785) Entry Fee: £1.00
Award: Badge at £2.00
One for the tourist. It passes Chelsea Royal Hospital, Vauxhall and Lambeth bridges, Houses of Parliament, Westminster Abbey, Whitehall, Buckingham Palace, the Serpentine, Albert Memorial, Albert Hall, Natural History and Science Museums. Lots to see.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Westminster & City of London (PT 70)
10km - Grade 1 - B C MR mr Pk Rd Rr Rv Tr U
Start: Westminster Tube Station SW1A 2JR
(OS Map: LR 176 GR: TQ 303797) Entry Fee: £1.00
Award: Badge at £2.50
This is a linear walk starting and finishing at tube stations. You pass many famous and historic sites, Westminster Abbey, Buckingham Palace, Trafalgar Square, Fleet Street, St Pauls Cathedral, The Monument, The Tower, and Tower Bridge.
Capital Trails - Wendy Meredith, 4A Clandon Terrace, Kingston Road, Raynes Park, London SW20 8SE
T: 020 8543 1283 E: capital.trails@btinternet.com

Royal London (PT 94)
12km - Grade 1 - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U Wc
Start: Marble Arch Station
Entry Fee: £1.00 Award: Badge at £2.50
Stroll through Hyde Park (Henry VIII's hunting grounds) into the Royal Borough of Kensington and Chelsea, home to the Chelsea Pensioners. Continue to the City of Westminster, Buckingham Palace, St James Palace, Admiralty Arch, Trafalgar Square, to Temple.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426 E: jackhawkins@excite.com
Clerkenwell & City (PT 95)
10km - Grade 1 - B C MR mr P Pc Rd Rm Rr Rv Tr U Wc
Start: Angel Tube Station
Entry Fee: £1.00  Award: Badge at £2.50
Travel south from the Angel into the medieval suburb of Clerkenwell, passing 12th Century monasteries, and enter the City at Newgate (Old Bailey), then onto London's most prominent landmark and Sir Christopher Wren's masterpiece, St Paul's Cathedral.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426  E: jackhawkins@excite.com

South Bank (PT 96)
11km - Grade 1 - B C MR mr P Pc Rd Rm Rr Rv Tr U Wc
Start: Tower Hill Tube Station
Entry Fee: £1.00  Award: Badge at £2.50
Walk along London's main artery, the River Thames, from Tower Bridge to Vauxhall Bridge, passing Shakespeare's Globe Theatre, Sir Francis Drake's Golden Hind and the Clink Prison Museum. Along the way you will be met with panoramic views.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426  E: jackhawkins@excite.com

Maritime Heritage (PT 97)
12km - Grade 1+ - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U Wc
Start: Tower Hill Tube Station
Entry Fee: £1.00  Award: Badge at £2.50
Journey from the Tower of London through London's re-developed Docklands, to maritime Greenwich, birthplace of Henry VIII, and the 'Centre of Time'. Here you will find the 'Cutty Sark', Inigo Jones' Queen's House and Sir Christopher Wren's RN College.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426  E: jackhawkins@excite.com

Hampstead & Highgate (PT 120)
12km - Grade 2 - B MR mr P Pc Pk Rd Rm Rr Rv Tr U W
Start: Wood Green Tube Station
Entry Fee: £1.00  Award: Badge at £2.50
This walk follows the high ground north of London and offers spectacular views across the city from Alexandra Palace and Parliament Hill. Halfway between these two points can be found Highgate Wood and Highgate Village, one of Dick Turpins haunts.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426  E: jackhawkins@excite.com

Like our Facebook Page
British Walking Federation
Richmond Trail (PT 135)
12km - Grade 1+ - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U
Start: Richmond Station (NR/London Overground/District Line)
Entry Fee: £1.00 Award: Badge at £2.50
Starting at Richmond, site of Henry VII's Tudor Palace, you follow the River Thames west to Ham House before crossing over and travelling east, passing Marble Hill House, Syon House and the Kew Bridge Steam Museum then back over the river to Kew Gardens.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426 E: jackhawkins@excite.com

City Churches Trail (PT 142)
11km - Grade 1 - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U
Start: Tower Hill Tube Station
Entry Fee: £1.00 Award: Badge at £2.50
The story of London's churches is the story of the City itself. There were 109 churches and the route takes you past forty of the surviving fifty two, dating from the 10th to the 20th Century. Most are the work of Sir Christopher Wren (17th Century).
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426 E: jackhawkins@excite.com

Pilgrim Trail (PT 174)
14km - Grade 1 - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U
Start: Canada Water Station
Entry Fee: £1.00 Award: Badge at £2.50
From Canada Water, you pass Greenland and Nelson Docks, part of the Surrey Quays, on your way to the starting point of the Mayflower's journey to America. You then travel to the site of the Tabard Inn, starting point of Chaucer's Canterbury Tales.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426 E: jackhawkins@excite.com

Millennium Trail Revisited (PT 220)
11km - Grade 1 - B C MR mr P Pc Pk Rd Rm Rr Rv Tr U
Start: North Greenwich Tube Station
Entry Fee: £1.00 Award: Badge at £2.50
Greenwich is the centre of Time, but time continues to move on. Come and discover what has changed and what remains the same since the passing of the Millennium.
North London Walking Club - John Hawkins, 141 Daubeney Road, London E5 0EP
T: 020 8533 7426 E: jackhawkins@excite.com

Take part in our PT100 Challenge to complete 100 different Permanent Trails
details on Page 41 or
BWF website www.bwf-ivv.org.uk
Merseyside

Beatles Trail, Liverpool (PT 206)
10km  -  Grade 1  -  B C mr P Pc Rd Rr Rv Tr U Wc
Start: The Beatles Story, Albert Dock, Liverpool  L3 4AO
(OS Map: LR 108  GR: SI 341894)  Entry Fee: £1.00
Award: Badge at £2.00
A city walk around Liverpool visiting many places connected with the Beatles. The walk also gives views of some of the magnificent architecture to be found in the city. You pass Lime Street Station, as well as the Anglican and Roman Catholic Cathedrals.
Lincolnshire Vikings Walking Club - Spike & Helen Elliott, 11 St Ives Close, Macclesfield, Cheshire  SK10 3JX
T: 01625 423201  E: lvwc.bwf89@btinternet.com

Norfolk

King’s Lynn Permanent Trail (PT 19)
11km  -  Grade 1  -  B C MR mr P Pk Rd Rr U
Start: Boal Quay Car Park, Kings Lynn  PE30 5AA
(OS Map: LR 132  GR: TF 618196)  Entry Fee: £1.00
Award: Badge at £2.00
The route explores the River Great Ouse, the connections between King’s Lynn and the Hanseatic League of northern Europe and the town itself.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire  NN10 9LE
T: 01933 314134  E: caroljones138@btinternet.com

Sandringham House Royal Residence Trail (PT 242)
11km  -  Grade 1  -  B H mr Pmc Pk Rd Rr Rv W
Start: Sandringham Visitors Centre  PE35 6EH
(OS Map: LR 132  GR: TF 689285)  Entry Fee: £1.00
Award: Badge at £2.00
This route goes round some of the grounds of the Sandringham estate. It covers parts of the heathland which border the estate and also visits a nearby village offering alternative refreshment facilities from that to be found at the official visitors centre.
Lincolnshire Vikings Walking Club - Rob Eddington, 56 Westbeck, Ruskington, Sleaford, Lincolnshire  NG34 9GU
T: 01526 833524  E: robeddington@aol.com

Great Yarmouth Armistice Trail (PT 284)
10km  -  Grade 1  -  B C MR mr P Pc Pmc Rd Rr Rv Tr U Wc
Start: White Swan PH, Great Yarmouth  NR30 1PU
(OS Map: EX OL 40  GR: TG 522082)  Entry Fee: £1.00
This trail takes you through the seaside town of Great Yarmouth, an historical market town and one of the most important historic ports on the East coast of England. The town has a rich maritime, trade, industrial and tourism history and developed from a C10 fishing hamlet into a modern seaside town.
Amesbury Walkers – John Blyth, 25 Blackcross Road, Amesbury, Wiltshire  SP4 7XH
T: 01980 590565  E: john.blyth7@ntlworld.com
City of Norwich Armistice Trail (PT 306)
11km - Grade 1 - B C MR mr P Pmc Rd Rr Rv Tr U
Start: Surrey Street Bus Station, Norwich NR1 3NX
(OS Map: EX 237 GR: TG 229079) Entry Fee: £1.00
This Armistice Trail explores the vibrant city of Norwich on a walk around and through the city visiting many of its historical alleys, back streets, churches, the Cathedral and the grounds of the castle. You will also walk by the river Wensum.
Amesbury Walkers – John Blyth, 25 Blackcross Road, Amesbury, Wiltshire SP4 7XH
T: 01980 590565 E: john.blyth7@ntlworld.com

Northamptonshire

Wellingborough Country Park & Town Permanent Trail (PT 15)
12km - Grade 1 - B C mr P Pc Pk Rd Rr Tr U Wc
Start: Embankment Car Park, The Embankment, Wellingborough NN8 1LD
(OS Map: LR 152 GR: SP 901667) Entry Fee: £1.00
A circuit around Irchester Country Park followed by a tour of “Waendel” town incorporating areas not utilised in previous versions of the Trail.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Kettering Permanent Trail (PT 57)
15km - Grade 2 - B C mr P Pk Rd Rr Tr U
Start: Pay & Display Car Park, London Rd, Kettering NN15 7QA
(OS Map: LR 141 GR: SP 869784) Entry Fee: £1.00
A stroll through town leads to the pretty villages of Weekley and Warkton, returning alongside the River Ise which brings you to Wickstead Park and back into town.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Daventry Permanent Trail (PT 165)
11km - Grade 2 - B F mr P Rd Rr U
Start: Lodge Road Lower Car Park (Long Stay), Lodge Road, Daventry NN11 4FP
(OS Map: LR 152 GR: SP 575628) Entry Fee: £1.00
Explore the town, climb up to the old broadcasting station and enjoy the panoramic views. Visit the country park and then return to town via a disused railway line and cycleway.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com
Rushden & Higham Ferrers Historical Trail (PT 250)
11km - Grade 1 – B mr P (time limits except Sundays) Pk Rd Rr U
Start: Market Square, Higham Ferrers, Rushden NN10 8DZ
(OS Map: LR 153 GR: SP 960685) Entry Fee: £1.00
Explore the sites of historical interest in the two towns and visit
locations mentioned in “Love For Lydia”, by Rushden’s most famous
son, the author H.E. Bates.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington,
Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

The Falcon Challenge (PT 252)
11km - Grade 2 - B F mr P Pk Rd Rr W
Start: The Falcon, Castle Ashby NN7 1LF
(OS Map: EX 224 GR SP 860596) Entry Fee: £1.00
This delightful countryside walk, passes the exquisite Castle Ashby
House and estate. It then meanders through the hamlet of
Chadstone, and the ancient village of Cogenhoe (cook-know)
perched on the side of the River Nene. The Buttery in the rural
shopping yard at Castle Ashby, provides welcome refreshment when
open.
Rockingham Forest Walkers - Permanent Trails Officer, Rockingham
Forest Walkers, 77 Thor Drive, Bedfordshire MK41 0WN
T: 01234 359483 E: trails@rockingham-forestwalkers.com

Northampton Permanent Trail (PT 302)
14km - Grade 1 - B C mr Pk Rd Rr U
Start: Abington Park Museum, Park Avenue South, Northampton
NN1 5LW
(OS Map: LR 152 GR: SP 775616) Entry Fee: £1.00
A tour of the town visiting the sites of two of the town’s WWI
sporting heroes and many other sites associated with the Great War.
Free on-street parking in Park Avenue South.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington,
Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Middleton Cheney Armistice Trail (PT 310)
10km - Grade 1 - B F mr Pk Rd Rr Rw St U W
Start: Co-op Shop, High Street, Middleton Cheney, Northamptonshire OX17 2PB
(OS Map: EX 207/LR152 GR: SP 499418) Entry Fee £1.00
A circular walk that starts in Middleton Cheney then proceeds on the
Jurassic Way to St Mary’s Church a listed building. Continuing
through Warkworth village it leaves the Jurassic Way to pass through
a WWI national archaeological area and Overthorpe village before
returning to Middleton Cheney.
Waendel Walkers – Steve Sloan, 24 Cottagewell Ct, Northampton
NN3 9UA
T: 01604 410723 E: stevesloan28@btinternet.com
Towcester Armistice Trail (PT 312)
11km - Grade 1 - B C F mr P Pk Rd Rw St U W
Start: The Saracens Head Hotel, 219 Watling Street (A5), Towcester, Northants NN12
(OS Map: EX 207/LR 152  GR: SP 691488)  Entry Fee £1.00
The walk visits memorials in each of the villages of Crick, Yelvertoft and Winwick.
Waendel Walkers – Steve Sloan, 24 Cottagewell Ct, Northampton NN3 9UA
T: 01604 410723   E: stevesloolan28@btinternet.com

Nene Valley Wetlands Permanent Trail (PT 313)
10km & 15km - Grade 1 - B F mr P Rd Rw St W
Start: Nene Valley Wetlands Visitor Centre, Rushden Lakes Shopping Centre, Rushden, Northants NN10 6FA
(OS Map: EX 224 GR: SP 938679)  Entry Fee £1.00
A nature walk with a shopping experience. A 10km or 15km route in and around Rushden Lakes and Stanwick Lakes, using the many waterside paths opened up as part of the ongoing development of Rushen lakes. 5 hours free parking (in 2018).
Ise Valley Vagabonds - Carol Jones, 138 Rushden Road, Wymington, Rushden, Northants NN10 9LE
T: 01933 314134   E: caroljones138@btinternet.com

Northumberland

Hadrians Wall Trail (PT 45)
10km - Grade 3 - B F H mr Pmc Rd Rw St W
Start: Housesteads Fort  NE47 6NN
(OS Map: LR 87 GR: NY 790688)  Entry Fee: £1.00
Award: Badge at £2.00
The Hadrian's Wall walk starts at Housesteads Fort (Road map directions available with route description). There is an Information Centre and Museum as this is one of the most complete forts remaining today. The bus service is seasonal.
Lincolnshire Vikings Walking Club - Pat Carlton, 262 Wolsey Way, Lincoln, Lincolnshire LN2 4ST
T: 01522 787142   E: vov.lvwc@gmail.com

Nottinghamshire

Nottingham City Trail (PT 100)
10km - Grade 1 - B C MR mr P Rd Rr Rw Tr U
Start: Nottingham Railway Station  NG2 3AQ
(OS Map: LR 129 GR: SK 573394)  Entry Fee: £1.00
Award: Badge at £2.00
The walk includes a pleasant stretch along the River Trent, Nottingham Canal, several museums - Castle, Brewhouse Yard, Canal, Lace, Textile, Costume and the Galleries of Justice also the new Magistrates Court.
Lincolnshire Vikings Walking Club - Anne Welburn, 10 Lime Grove, Cherry Willingham, Lincoln LN3 4BD
T: 01522 750068   E: anne.welburn@btinternet.com
Way to a Windmill Walk (PT 126)
12km - Grade 2 - B F mr P Rd Rr Rv
Start: The Church at Sturton le Steeple DN22 9HL
(OS Map: LR 120 GR: SK 788838) Entry Fee: £1.50
Award: Badge at £2.50
An enjoyable walk taking you along the Trent Valley Way and around the windmill at North Leverton, before returning to the village. The walk is on well defined footpaths but there are frequent stiles.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Newark on Trent Jubilee Trail (PT 241)
10km - Grade 1 - C mr P Pc Pk Rd Rr Tr U
Start: Northgate Retail Park, Newark NG24 1GA
(OS Map: LR 121 GR: SK 801546) Entry Fee: £1.00
Award: Badge at £2.00
Newark Castle has stood proud on the banks of the River Trent for nearly 900 years. In addition Newark is an attractive market town with many facets of history reflected in its streets and buildings. The church treasury has Maundy Money given to residents in 1984 which is on view from time to time.
Lincolnshire Vikings Walking Club - Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire LN2 4ST
T: 01522 787142 E: vov.lwvc@gmail.com

Eastwood and Erewash Trail (PT 308)
10km - Grade 1+ - B C MR mr P Pc Pk Rd Rr U
Start: Greasley Sports and Community Centre NG16 3QN
(OS Map EX 260 GR: 477467) Entry Fee: £1.50
Following the Erewash Valley and Nottingham Canal, this circular route crosses from Nottinghamshire into Derbyshire, taking in the old mining towns of Heanor and Langley Mill before passing through the birthplace of D H Lawrence, Eastwood. This route follows roads, canal towpaths and well-defined footpaths/bridleways.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Oxfordshire

Oxford Permanent Trail (PT 46)
13km - Grade 1 - B C F mr P Rd Rr U
Start: Bathing Place Car Park, Godstow Road, Wolvercote OX2 8PJ
(OS Map: LR 164 GR: SP 478095) Entry Fee: £1.00
Explore the world of Inspector Morse. Walk into Oxford along the canal and then pass all the main tourist sights and colleges before following the canal and river Thames to Port Meadow and the Trout Inn.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com
Henley Town & River Walk (PT 58)
20km - Grade 2 - B C F MR mr Pmc Rd Rr Rv U W
Start: Town Hall, Henley on Thames RG9 2AQ
(OS Map: LR 175 GR: SU 760826) Entry Fee: £1.00
Award: Badge at £2.00
The walk takes you over Henley Bridge and up Remenham Hill before joining the river and along part of the Annual Regatta course. It passes the beautiful Marsh Lock with its unusual horse bridge to reach Shiplake village, before returning to Henley.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

A Windrush Wander (PT 253)
11km - Grade 2 - B C F MR mr Pmc Rd Rr Rv U W
Start: Free car park off High Street, Burford OX18 4SE
(OS Map: EX OL45 GR: SP 255123) Entry Fee: £1.00
A mainly rural walk on footpaths, bridleways, green roads and riverbank paths from the Cotswold town of Burford, passing through picturesque villages and hamlets. Plenty of cafes, pubs and shops in Burford.
Thames Valley Walking Club - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria CA11 9LR
T: 01768 840978 E: nandjwakelam@btinternet.com

Woodstock & Blenheim Park Permanent Trail (PT 259)
11km - Grade 1 - B mr P Pk Rd Rr U
Start: Hensington Road long stay car park, Woodstock OX20 1JH
(OS Map: LR 164 GR: SP 447168) Entry Fee: £1.00
A short tour of quaint Woodstock, before taking a circular walk through the extensive grounds of Blenheim Park, with good views of Blenheim Palace (the route does not involve accessing any of the "pay" areas of the grounds).
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Abingdon Trail (PT 264)
10km - Grade 1 - B C F MR mr P Pmc Rd Rr U
Start: Rye Farm car park, Bridge Street, Abingdon OX14 3HT
(OS Map: EX 170 GR: SU 500968) Entry Fee: £1.00
This walk takes you along the Rivers Thames and Ock. It explores the rich historical heritage of Abingdon which is England's oldest continuously occupied town. The Michaelmas Fair held early October is the longest street fair in Europe.
Lincolnshire Vikings Walking Club - Pat Charlton, 262 Wolsey Way, Lincoln LN2 4ST
T: 01522 787142 E: vov.lvwc@gmail.com

2020 BWF Challenge
Do you have an idea for a new walking challenge in 2020? Send your idea to projects@bwf-ivv.org.uk
Chinnor Trail (PT 297)
10km - Grade 2 - B F mr P Pmc Rd Rv St
Start: The Village Centre, High Street, Chinnor OX39 4DH
(OS Map: EX 181 GR: SP 757010) Entry Fee: £1.00
A pleasant walk through the Oxfordshire countrysideside between Chinnor and Bledlow. After leaving Chinnor, the outward route uses tracks and part of the Ridgeway, with the return route using farmland footpaths. Red kites can usually be seen flying.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: BTreading@aol.com

Rutland

Normanton Trail (PT 260)
13km - Grade 2 - B F mr Pmc Rd Rr Rw St U
Start: Rutland Water Visitor Centre, Sykes Lane (off A606), Empingham, Rutland LE15 8PX
(OS Map: EX 234 GR: SK 938083) Entry Fee: £1.00
A lovely walk around part of Rutland Water including Normanton Church (only remaining part of the now submerged village). Utilising part of the Rutland Round and the Hereward Way trails.
Rockingham Forest Walkers - Permanent Trails Officer, Rockingham Forest Walkers, 77 Thor Drive, Bedford, Bedfordshire MK41 0WN
T: 01234 359483 E: trails@rockingham-forestwalkers.com

Shropshire

Benthall Edge (Ironbridge) Walk (PT 129)
12km - Grade 2+ - F mr P Rd Rr Tr U W
Start: Museum of the Gorge car park, approx. 500m from bridge TF8 7AW (OS Map: LR 127 GR: SJ 672034)
Entry Fee: £1.50 Award: Badge at £2.50
The walk starts by crossing the famous Iron Bridge and enters Benthall Edge Woods. The focus of this walk is the lovely countryside of Benthall Edge. Benthall Hall is open to the public on Wednesday and Sunday afternoons in the summer. There are nine museums in the immediate area, all with a local industrial theme.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ívv.org.uk

Ludlow Trail (PT 200)
10km - Grade 2 - B C F mr P Pc Rd Rr Rv Tr U W
Start: Ludlow Railway Station, Ludlow SY8 2PQ
(OS Map: LR 137 GR: SO 513750) Entry Fee: £1.00 Award: Badge at £2.00
The circular Walk starts in the historic town of Ludlow and visits the castle and museums, and affords magnificent hill-top views.
Amesbury Walkers - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria CA11 9LR
T: 01768 840978 E: nadjwakelam@btinternet.com
Somerset

City of Bath Heritage Walk (PT 55)
13km - Grade 2 - B C MR mr P Pc Pk Rd Rr Rv Tr U
Start: Royal Victoria Park, Weston Road, Bath BA1 2LZ
(OS Map: LR 172  GR: ST 742654)  Entry Fee: £1.00
A 13km walk through the world famous city of Bath. Not only taking in all the heritage tourist sites, but also parts of the city, such as the Kennet and Avon canal, not normally touched by visitors.
Amesbury Walkers - Keith Burningham, Braemar, The Ham, Durrington, Salisbury, Wiltshire SP4 8HW
T: 01980 653176  E: kburningham@hotmail.co.uk

Cheddar Gorge Walk (PT 128)
10km - Grade 3+ - F mr P Rd Rv Tr U W
Start: Cliff Street Car Park, Cheddar BS27 3QL
(OS Map: LR 182  GR: ST 462533)  Entry Fee: £1.50
Award: Badge at £2.50
This is a lovely walk with superb views over the North Somerset countryside and equally fabulous Cheddar Gorge, one of Britain’s natural wonders. There are two steep ascents which together make over 1000 feet of climbing. The route can be very slippery after rain, and care needs to be taken on the rocky parts of the paths.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005  E: trails@bwf-ivv.org.uk

City of Bristol Trail (PT 204)
12km - Grade 2 - B C MR mr P Pc Pk Rd Rr Rv Tr U W
Start: Temple Meads Railway Station, Bristol BS1 6QF
(OS Map: LR 172  GR: ST 597724)  Entry Fee: £1.00
Award: Badge at £2.00
A circular walk featuring some of Brunel’s engineering influences. The walk is mainly on pavements and paths through the City, over the suspension bridge and following the River Avon along its banks.
Amesbury Walkers - Tony Ash, 79 Chelston Avenue, Yeovil, Somerset BA21 4PT
T: 01935 474388  E: info@amesburywalkers.co.uk

The Holywell Trail (PT 210)
10km - Grade 1+ - B (not Sundays) F mr Pmc Rr U
Start: Holywell House, Holywell Road, Edington, Somerset TA7 9LB
(OS Map: EX 140  GR: 388400)  Entry Fee: £1.50
Award: Badge at £2.50
An easy walk across the Somerset Moors and Levels with beautiful views of the surrounding countryside and the famous Glastonbury Tor. The walk starts and finishes opposite the site of the last surviving Holy Well in Somerset, which were used by pilgrims on their pilgrimage journey to Glastonbury.
Somerset Levels and Moors Strollers - Brian Tilbury, Holywell House, Holywell Road, Edington, Somerset TA7 9LB
T: 01278 722208  E: brian@btinternet.com

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Bowdens Crest Trail (PT 227)
12km - Grade 1+ - B (not Sundays) C F H mr Pmc Rd Rr Rv U
Start: Long stay Car Park, Bow Street, Langport TA10 9PG
(OS Map: EX 129 GR: ST 419266) Entry Fee: £1.50
Award: Badge at £2.50
This circular walk starts and finishes in the centre of the historic
town of Langport and passes through open countryside, along the
river Parrett, meanders over the Somerset Levels and passes along
Bowdens Crest with spectacular views over the Somerset Levels.
Somerset Levels and Moors Strolllers - Brian Tilbury, Holywell House,
Holywell Road, Edington, Somerset TA7 9LB
T: 01278 722208 E: briantilbury@btinternet.com

Montacute & Ham Hill (PT272)
12km - Grade 2 - B F mr Pk Pmc Rd Rr Rv St U W
Start: The Borough, Montacute, Somerset TA15 6XB
(OS Map: LR 183 GR: ST 497169) Entry Fee: £1.00
Award: Badge £2.00
Montacute is an old-style village featuring the National Trust
property of Montacute House. The walk ventures through the park
and into the countryside, climbing up to Ham Hill. Here the war
memorial stands proud and is seen by users of the A303, offering a
panorama of the Somerset countryside and the distant Mendips. It
then returns to Montacute where tea rooms and a public house are
situated.
Amesbury Walkers - Tony Ash, 79 Chelston Avenue, Yeovil,
Somerset BA21 4PT
T: 01935 474388 E: a.ash12@btinternet.com

Staffordshire
National Memorial Arboretum Armistice Trail (PT 286)
10km - Grade 2 - B C F MR mr P Pk Pmc Rd Rr Rv St W
Start: National Memorial Arboretum, Croxall Road, Alrewas,
Staffordshire DE13 7AR
(OS Map: EX 245 GR: SK 182145) Entry Fee: £1.00
Award: Badge at £2.00
This walk starts at the National Memorial Arboretum where there is
an opportunity to view the many memorials sited within the
parkland. The route follows woodland and riverside paths to
eventually pass throughgt the picturesque village of Alrewas nearby
and then returning back to the Arboretum.
RAF WARMA - Grant Chivers, 18 Laurel Close, North Warnborough,
Hook, Hampshire RG29 1BH
T: 01256 702901 E: chersgrant@hotmail.com

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much more. See the website for details or contact
membership@bwf-ivv.org.uk
Suffolk

Newmarket Circular Walk (PT 21)
10km - Grade 1 - B MR mr P Pc Rd Rm Rr Rv Tr U
Start: Clock Tower, High Street, Newmarket CB8 8LX
(OS Map: LR 154 GR: TL 645635) Entry Fee: £1.50
Award: Badge at £2.00
This is a walk around the town of Newmarket, the centre of British horse racing. It passes many stables and studs. A possible side excursion could be made to the Horse Racing Museum in the High Street.
Havac Walkers - Peter Addison, 38 Peterborough Avenue, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Haverhill Country Walk (PT 72)
10km - Grade 1+ - B C F mr P Pk Rd Rv
Start: East Town car park, Coupals Road, Haverhill, Suffolk CB9 7UW
(OS Map: LR 154 GR: TL 685448) Entry Fee: £1.50
A circular walk to the north east of Haverhill, mostly on tracks and fields through the Suffolk and Essex countryside. You pass through the village of Kedington, where the church is known as the “Westminster of Suffolk” with a splendid interior.
Havac Walkers - Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Mildenhall Jubilee Jaunt (PT 239)
10km - Grade 1+ - B C F mr P Rd Rr
Start: Jubilee Centre, Jubilee Playing Fields car park, Mildenhall, Suffolk, IP28 7HB
(OS Map: LR 143 GR: TL 713745) Entry Fee: £1.50
The Jubilee Centre, on the Jubilee Playing Fields where the trail starts, was named in honour of Queen Elizabeth II’s Silver Jubilee in 1977. It is a riverside walk along the River Lark, passing both ancient and modern navigation and flood control structures, and through some Suffolk countryside and villages.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

The Lavenham Lope (PT 265)
11km - Grade 1 - B F mr P Rd Rv St
Start: Car park beside The Cock Inn, Lavenham, Suffolk CO10 9SA
(OS Map: LR 155 GR: TL 914489) Entry Fee: £1.50
The walk takes a leisurely stroll around the historic town of Lavenham. You can enjoy a visit to the Church of St Peter & Paul, as well as seeing many historical buildings, in particular the Lavenham Guild Hall and The Little Hall. The route then goes into the country, visiting the village of Preston St. Mary.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com
Bury St Edmunds Historical Trail (PT 267)
10km - Grade 1 - B mr P Pc Pk Rd Rr Tr U W
Start: Bury St Edmunds Rugby Club, The Haberden, Rougham Road, Bury St Edmunds, Suffolk IP33 2RN
(OS Map: LR 155 GR: 861633) Entry Fee: £1.50
A stroll through the streets of Bury St Edmunds, highlighting some of the major historical points of interest, from Medieval, Georgian and Victorian times.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Haverhill Anniversary Trail (PT 268)
11km - Grade 1 - B C F mr P Pmc Rd Rv U
Start: East Town car park, Couples Road, Haverhill, Suffolk CB9 7UW
(OS Map: LR 154 GR: TL 685448) Entry Fee: £1.50
This walk is a celebration of Havac’s 30th Anniversary. It follows paths and bridleways around Haverhill to reach the outlying village of Little Wratting, then return along other rural paths.
Havac Walkers – Peter Addison, 38 Peterborough Road, Upminster, Essex RM14 3LL
T: 07976 671062 E: peter.addison1942@gmail.com

Surrey

Old Churches of the North Downs (PT 59)
14km - Grade 2 - B C F MR mr P Pc Pk Rd Rr Rv Tr U W
Start: Guildford Railway Station GU1 4UT
(OS Map: LR 186 GR: SU 992496) Entry Fee: £1.00
Award: Badge at £2.00
This 13 km circular walk starts from Guildford and visits the churches of St Martha and St Catherine on the North Downs, the ruins of Guildford Castle and the River Wey towpath.
Amesbury Walkers - John Grylls, 19 Rife Way, Ferring, Worthing, West Sussex BN12 5JX
T: 01903 247332 E: ronnie13@tiscali.com

Puttenham Walk (PT 130)
14km - Grade 1+ - F H mr P Rd Rr
Start: Puttenham Common Top Car Park, Suffield Ln, Puttenham, Guildford GU3 1AJ
(OS Map: LR 186 GR: SU 919462) Entry Fee: £1.50
Award: Badge at £2.50
This is a relatively easy walk visiting two villages just south of the Hog’s Back. The walk passes close to Puttenham Priory dating back to 1760. The village well in the adjacent churchyard was used up to 1750 and then rediscovered in 1972 after the covering collapsed into it.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk
Warwickshire

Stratford-Upon-Avon Permanent Trail (PT 20)
10km - Grade 1 - B C mr P Pc Rd Rr Tr U Wc
Start: Seven Meadows Car Park, (The Stratford Greenway), Seven Meadows Road, Stratford-Upon-Avon CV37 6GR
(OS Map: LR 151 GR: SP 196540) Entry Fee: £1.00
Take time to explore the town where William Shakespeare was born. Don’t miss the must-see sights connected with him, including Anne Hathaway's cottage and the modern Shakespeare Theatre.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northants. NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Warwick Permanent Trail (PT 98)
12km - Grade 2 - B C F mr P Rd Rr Tr U
Start: Budbrooke Church Centre Car Park, Church Lane, Budbrooke, Warwick CV35 8QL
(OS Map: LR 151 GR: SP 258655) Entry Fee: £1.00
A route starts just outside Warwick. Takes in canals, riverside, parkland, Warwick Castle and old Warwick and then crosses the racecourse and on through fields. Plenty to see. Please see route description for Warwick race days – the route is closed on those days.
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Rugby Permanent Trail (PT 194)
10km - Grade 2 - B C P Rd Rr Tr U
Start: Railway Terrace Long Stay Car Park, Rugby CV21 3HQ
(OS Map: LR 140 GR: SP 506753) Entry Fee: £1.00 Award: Badge at £2.00
This is where the game of rugby began. Tour the town, see the Rugby football museum, pass Rugby school and imagine Webb Ellis picking up the football!
Ise Valley Vagabonds - Carol Jones, 138 Rushden Rd, Wymington, Rushden, Northamptonshire NN10 9LE
T: 01933 314134 E: caroljones138@btinternet.com

Keep up to date with changes to Event/Permanent Trail visit our Website www.bwf-ivv.org.uk

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West Sussex

Cissbury Ring (PT 133)
14km - Grade 2 - B F mr P Rd Rr
Start: Findon BN14 0TB
(OS Map: LR 198 GR: TQ 122088) Entry Fee: £1.50
Award: Badge at £2.50
This walk visits an extensive hill fort dating back to 2000 BC. The area has many traces of the shafts of flint mines sunk by men and women of the Bronze and New Stone Ages. The walk passes Findon Place (a handsome Georgian house of the late 18th century), St Georges Church, dating back to 1053, Gin Inn, which dates from 1675 and Mepcote Green, site of a sheep fair since 1790.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Kyra's Trail (PT 189)
25km - Grade 2 - F mr P Pk Rd Rr W
Start: Duncton Recreation Ground, near Petworth, GU28 0JY
(OS Map: LR 197 GR: SU 963177) Entry Fee: £1.00
Award: Badge at £2.00
Kyra's Trail follows the lanes, footpaths, bridleways and tracks of West Sussex. It includes downland, woodland and farmland passing through the villages and hamlets of East Dean, Charlton Heyshott and Graffham with their Saxon churches and delightful Sussex Pubs.
Amesbury Walkers - John Grylls, 19 Rife Way, Ferring, Worthing, West Sussex BN12 5JX
T: 01903 247332 E: ronnie13@tiscali.com

The Bluebell Trail (PT 223)
10km - Grade 2+ - B F mr P Rd W
Start: Car Park on SE edge of West Hoathly
(OS Map: LR 198 GR: TQ 367326) Entry Fee: £1.00
The walk follows parts of the 'Sussex Border Path' and 'High Weald Landscape Trail' between West Hoathly and Bluebell Railway's Kingscote station. The walk goes through Bluebell Woods which are best viewed in May. Steam trains run regularly on the railway.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

The Horsted Trail (PT 224)
10km - Grade 2+ - B F mr P Rd W
Start: Car Park in Horsted Keynes RH17 7AP
(OS Map: LR 198 GR: TQ 384282) Entry Fee: £1.00
The walk follows footpaths and minor roads through varied countryside including a section alongside the Bluebell Railway. The walk also passes close to Horsted Keynes station and provides a good view of the regular steam trains that run on the railway.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com
Arundel Amble (PT 234)
15km - Grade 1+ - B C F Mr P Rd Rr Tr U W
Start: Coach & Car Park, Mill Road, Arundel BN18 9PA
(OS Map: LR 197 GR: TQ 020071) Entry Fee: £1.00
The walk joins the ancient town of Arundel with its Cathedral and Castle (for 500 years the home of the Dukes of Norfolk) and Amberley (home of the Chalkpits Industrial Museum) via the riverside footpath, crossing the recently rebuilt suspension bridge. The route returns through woodland, farmland and meadows.
Thames Valley Walking Club - John Grylls, 19 Rife Way, Ferring, Worthing, West Sussex BN12 5JX
T: 01903 247332 E: ronnie13@tiscali.co.uk

Wiltshire

Stonehenge Walk (PT 12)
17km - Grade 2 - B C F Mr P Pk Rd Rr U
Start: Amesbury Sports Centre, Amesbury SP4 7ND
(OS Map: LR 184 GR: SU 161418) Entry Fee: £1.00
Award: Badge at £2.00
A circular walk mainly over unspoilt country footpaths around Amesbury and visiting the famous Stonehenge site. The route keeps well off roads and affords an unusual view of the famous monument from Normanton Downs burial mounds. Keep dogs on a lead.
Amesbury Walkers - Richard Archard, 57 Countess Road, Amesbury, Salisbury, Wiltshire SP4 7AS
T: 01980 623341 E: info@amesburywalkers.co.uk

Old Sarum Challenge (PT 13)
40km - Grade 3 - B C F Mr P Rd Rr Rv U
Start: Amesbury Sports Centre, Amesbury SP4 7ND
(OS Map: LR 184 GR: SU 161418) Entry Fee: £1.00
Award: Badge at £2.00
This circular walk follows footpaths to Old Sarum monument, with views across Salisbury to the famous Cathedral Spire. After completing 33 km, the Black Horse, in the unspoilt village of Great Durnford makes an ideal resting place on the way back.
Amesbury Walkers - Richard Archard, 57 Countess Road, Amesbury, Salisbury, Wiltshire SP4 7AS
T: 01980 623341 E: info@amesburywalkers.co.uk

City of Salisbury Trail (PT 183)
11km - Grade 1 - B C MR Mr P Pc Pk Rd Rr Tr U Wc
Start: Five Rivers Leisure Centre Car Park, Hulse Road, Salisbury SP1 3NR
(OS Map: LR 184 GR: SU 139310) Entry Fee: £1.00
Award: Badge at £2.00
A circular walk around the ancient city of Salisbury visiting the cathedral with its famous spire and many other historical sites. Not to be rushed!
Amesbury Walkers - Barry Whelan, 29 Newmans Way, Bulford Village, Salisbury, Wiltshire SP4 9HT
T: 01980 597329 E: barry.whelan@ntlworld.com
Calne Bowood Trail (PT 240)
13km  -  Grade 2+  -  B F mr P Rd Rv U
Start: Pippin Car Park, behind Sainsburys, Calne SN11 8JG
(OS Map: LR 173  GR: ST 999710)  Entry Fee: £1.00
A circular walk taking in the history and architecture of the town and then out over footpaths to return to the town.
Amesbury Walkers - Pam Grieve, 12 St Marys Close, Bradenstoke, Chippenham, Wiltshire SN15 4ET
T: 01249 891660  E: waltergrieve@btinternet.com

Avebury Prehistoric Trail (PT 256)
10km  -  Grade 2  -  B C F MR mr Pmc Rd Rv St W
Start: National Trust car park on A4361 at Avebury SN8 1RF
(GR: SU 099696)  Entry Fee: £1.00
A mainly rural walk around historic and prehistoric sites including the Avebury Stones, Silbury Hill, West Kennet Long Barrow and The Sanctuary, returning on The Ridgeway and Green Street, a Saxon military road. Café and pub in the village. Contact organisers for alternative start with free parking for non-NT members.
Amesbury Walkers – Keith Burningham, Braemar, The Ham, Durrington, Wiltshire SP4 8HW
T: 01980 653176  E: kburningham@hotmail.co.uk

Amesbury Armistice Trail (PT 303)
11km  -  Grade 2  -  B C F MR mr P Pc Pmc Rd Rr Rv St U
Start: Amesbury History Centre, Church Street, Amesbury, Wiltshire SP4 7EU
(OS Map: EX 130  GR: SU 152414)  Entry Fee: £1.00
A mainly level walk taking in views of World Heritage sites, leading up to training troops and pilots from Britain and the Empire to be sent to WWI. It was never thought troops trained for trench warfare, but the area has been discovered at Larkhill.
Amesbury Walkers – Keith Burningham, Braemar, The Ham, Durrington, Wiltshire SP4 8HW
T: 01980 653176  E: kburningham@hotmail.co.uk

Worcestershire

Bewdley Town & Country Trail (PT 202)
10km  -  Grade 2  -  C F mr P Rd Rr Tr U W
Start: Mercure Hotel, Habberley Road, Bewdley DY12 1LA
(OS Map: LR 138  GR: SO 801763)  Entry Fee: £1.50
Award: Badge at £2.50
The start is close to the Georgian Town of Bewdley. The route is a mixture of minor roads, lanes, footpaths, tracks and riverside paths. Varying terrain gives outstanding views across the Worcestershire and Shropshire countryside.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005  E: trails@bwf-ivv.org.uk
Pershore Trail (PT 255)
10km - Grade 2 - B C F MR mr P Rd Rv St U W
Start: Free car park on A44 at medieval bridge, Pershore WR10 1AX
(OS Map: EX 190/LR 150 GR: SO 953452) Entry Fee: £1.00
A pleasant walk along the banks of the River Avon, followed by woodland and farmland, then returning through the town. Refreshments in Pershore. Note Pershore railway station is 3km from the town.
Amesbury Walkers - Nick & Jacqui Wakelam, 4 Lamley Gardens, Penrith, Cumbria CA11 9LR
T: 01768 840978 E: nandjwakelam@btinternet.com

North Yorkshire

York Tourist Walk (PT 34)
10km - Grade 1 - B C MR mr P Pk Rd Rr Tr U
Start: Union Terrace Car & Coach Park, Clarence Road, York YO3 7ES
(OS Map: LR 105 GR: SE 604526) Entry Fee: £1.50 Award: Badge at £2.50
A city walk around and through the ancient City of York visiting most of the City Walls, York Minster, the Shambles, the Yorvik Centre, St Mary's Abbey Ruins and gardens and both the rivers on which York stands.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Bolton Priory and Strid Walk (PT 132)
12km - Grade 2 - B C F Pk Pmc Rd Rr Rv W
Start: Cavendish Pavillion, Bolton Abbey Estate BD23 6EX
(OS Map: LR 104 GR: SE 071539) Entry Fee: £1.50 Award: Badge at £2.50
This walk takes you upstream to pass "The Strid" where the River Wharf forces its way through a gap only a few feet wide. It then continues to Barden Bridge. You return to the start and then continue downstream to the ruins of Bolton Priory, a centre of Christian Worship for over 800 years.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Settle Railway Walk (PT 199)
14km - Grade 3 - B C F H mr P Pk Rd Rv Tr U
Start: Settle Railway Station BD24 9AA
(OS Map: LR 98 GR: SD 816634) Entry Fee: £1.00 Award: Badge at £2.00
A linear walk on a section of the Ribble Way, from the ancient market town of Settle to the finish at Horton in Ribblesdale. Return on the famous Settle to Carlisle Railway line.
Amesbury Walkers - Spencer Lane, Flat 39, Barnes Lodge, Wessex Road, Dorchester DT1 2FH
T: 01305 570596 E: spencerglane@outlook.com
York City & River Trail (PT 215)
10km - Grade 1+ - B C MR m Mr P Pk Rd Rr Tr U
Start: Union Terrace Car & Coach Park, Clarence Road, York YO3 7ES
(OS Map: LR 105 GR: SE 604526) Entry Fee: £1.50
Award: Badge at £2.50
This walk complements the York Tourist walk. Beside visiting some parts of the city, it heads out to visit Walmgate Stray and then heads for the Millennium Bridge across the River Ouse before returning to the city.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Along the Clifftops (PT 217)
10km - Grade 2+ - B C m P Rd Rv
Start: Robin Hood's Bay Station Car Park, Station Road, Robin Hoods Bay, Whitby, YO22 4RL
(OS Map: LR 94 GR: NZ 955055) Entry Fee: £1.50
Award: Badge at £2.50
One of the highlights of the North Yorkshire and Cleveland Heritage coast is Robin Hood's Bay. An attractive old fishing village on the north side of a wide sweeping bay which is well known for fossils and sea birds.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Banks of the River Ouse in Selby (PT 248)
11km - Grade 1 - B C F MR m Mr P Pk Rd Rr Rv St U W
Start: Osgodby Village Hall, Cliff Road, Selby YO8 5HU
(OS Map: EX 290 GR: 642337) Entry Fee: £1.00
Award: Badge £3.00
The Irregulars - Christine Stratton, 8 Clayton’s Fold, Gilberdyke, Brough, East Yorkshire HU15 2QW
T: 01430 448372 or 07779 321185 E: sunnysidehouse49@gmail.com

Harrogate Old & New (PT 276)
11km - Grade 1 - B MR m P Pk Rd Rr Rv St Tr U W
Start: Harrogate Railway Station HG1 1TE
(OS Map: EX 297 GR: SE 304553) Entry Fee: £1.00
This walk incorporates the town of Harrogate and it’s surrounding Strays, which are common grazing land. It also takes you to the entrance to Harlow Carr Gardens.
The Irregulars - Christine Stratton, 8 Clayton’s Fold, Gilberdyke, Brough, East Yorkshire HU15 2QW
T: 01430 448372 or 07779 321185 E: sunnysidehouse49@gmail.com

Take part in our PT100 Challenge to complete 100 different Permanent Trails details on Page 41 or BWF website www.bwf-ivv.org.uk
South Yorkshire

Chairman’s Jubilee Walk (PT 1)
10km - Grade 1+ - B F MR mr Pc Pk Pmc Rd Rr Tr U W
Start: Wombwell Railway Station Park & Ride S73 8UE
(OS Map: LR 111 GR: SK 388025) Entry Fee: £1.50
Award: Badge at £2.50
This walk takes you across fields to Wombwell Park (a memorial park in memory of local men who died in the Battle of the Somme). It goes through urban areas, passing Wombwell Town Hall where the Queen stopped on her Coronation tour. Then it passes through Wombwell town centre following the route, lined by school children in 1954, which the Queen took on her way to Barnsley. You return through woodland to the start.
British Walking Federation – Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire. PO11 9DS
T: 02392 462005 E: chairman@bwf-ivv.org.uk

West Yorkshire

Victorian Legacies (PT 212)
18km - Grade 2+ - B C F MR mr P Pk Rd Rr Rv Tr U W
Start: Victoria Street pay & display car park, Saltaire, West Yorkshire
(OS Map: EX 288 GR: SE 139379) Entry Fee: £1.00
Award: Badge at £3.00
An urban walk from Saltaire, West Yorkshire, visiting parks, mills and cemeteries from the Victorian era in the area of Saltaire, Shipley and Bradford.
The Irregulars - Christine Stratton, 8 Clayton’s Fold, Gilberdyke, Brough, East Yorkshire HU15 2QW
T: 01430 448372 or 07779 321185 E: sunnysidehouse49@gmail.com

Temple Newsam House & Gardens (PT 216)
10km - Grade 2 - B C F mr Pk Pmc Rd Rv St W
Start: Temple Newsam House, Leeds LS15 0AE
(OS Map: LR 104 GR: SE 359327) Entry Fee: £1.00
Award: Badge at £2.00
A walk around the grounds of Temple Newsam House east of Leeds, taking in several views of the house without being too strenuous.
Lincolnshire Vikings Walking Club - Pat Charlton, 262 Wolsey Way, Lincoln, Lincolnshire LN2 4ST
T: 01522 787142 E: vov.lvwc@gmail.com

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British Walking Federation
WALES

Cardiff

Cardiff Walk (PT 109)
13km - Grade 1 - B C MR mr PP Rd Rr Rv Tr U Wc
Start: Cardiff Central Rail Station CF10 1EP
(OS Map: LR 171 GR: ST 183758) Entry Fee: £1.00
Award: Badge at £2.50
This walk will show you some of the industrial heritage of Cardiff. It takes you through the old docks, from which coal was exported, now a thriving area with cafés, bars and lots of modern and traditional sculptures, and a nature reserve.
Capital Trails - Wendy Meredith, 4A Clandon Terrace, Kingston Road, Raynes Park, London SW20 8SE
T: 020 8543 1283 E: capital.trails@btinternet.com

Ceredigion

Soar-y-Mynydd & the Doethie Valley (PT 263)
18km - Grade 3 - C F H P Rd Rm W
Start: Soar-y-Mynydd Chapel, Tregaron, SY25 6NP
(OS Map: LR 147 GR: SN 784553) Entry Fee: £1.00
A challenging but rewarding route in the depths of the Cambrian Mountains wilderness. Much of the route is remote with just sheep and birds for company, but the views on a good day are out of this world, and the Doethie Valley is simply magical.
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys LD5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk

Powys

Llanwrtyd Wells Town Walk (PT 42)
10km - Grade 1 - B C F mr P Pk Rd Rm Rw Tr W
Start: Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, LD5 4RB
(OS Map: LR 147 GR: 879467) Entry Fee: £1.00
Award: Badge at £3.50
Llanwrtyd Wells is the smallest town in Britain. The walk follows the outskirts of the town through scenic parks, along river banks back to the centre of the town. The walk is quite flat but surrounded by scenic hills and mountains.
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys LD5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk
Round the Garn (PT 53)
10km - Grade 2 - B C MR mr P Rd Rm Rv Tr W
Start: Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, L5 4RB
(OS Map: LR 147 GR: 879467) Entry Fee: £1.00
Award: Badge at £3.50
A pleasant walk around the Garn hill, an extinct volcano, climbs about 800 feet. Wonderful views of surrounding hills and mountains. Good chance of seeing Red Kites.
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys L5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk

Victoria Wells Walk (PT 99)
15km - Grade 2 - B F mr P Rd Rm Rv Tr W
Start: Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, L5 4RB
(OS Map: LR 147 GR: 879467) Entry Fee: £1.00
Award: Badge at £3.50
15km route around Llanwrtyd Wells with good views over the surrounding mountains.
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys L5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk

St. David’s Walk (PT 119)
20km - Grade 2 - B C F mr P Pk Rd Rm Rv Tr W
Start: Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, L5 4RB
(OS Map: LR 147 GR: 879467) Entry Fee: £1.00
Award: Badge at £3.50
Challenging 20km route from Llanwrtyd Wells, passes St David’s Church, an old Celtic church situated in Old Llanwrtyd village. The walk has about 1000 ft of ascent with magnificent views overlooking nearby hills and mountains.
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys L5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk

Volcanoes & Valleys (PT 236)
12km - Grade 2 - B F MR mr P Rd Rm Rv Tr W
Start: Neuadd Arms Hotel, The Square, Llanwrtyd Wells, Powys, L5 4RB
(OS Map: LR 147 GR: 879467) Entry Fee: £1.00
Llanwrtyd Wells Walking Club - Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys L5 4RB
T: 01591 610236 E: enquiries@llanwrtydwalking.org.uk

Become a BWF Individual Member to receive discounts available in Cotswold Outdoor, Mountain Warehouse, Magic Mountain, Bauer Media, Ordnance Survey Maps and much more. See the website for details or contact membership@bwf-ivv.org.uk
SCOTLAND

Edinburgh

Edinburgh City Trail (PT 44)
10km - Grade 2 - B MR P Pc Rd Rr Rv Tr U
Start: Waverley Bridge, Edinburgh EH1 1BQ
(OS Map: LR 66 GR: NT 259739) Entry Fee: £1.00
Award: Badge at £2.50
This route takes you through both the old and new town areas. You will visit Carlton Hill and the Castle, providing wonderful views across the City and Firth of Forth. You also pass the Palace of Holyrood and walk the royal mile.
Capital Trails - Wendy Meredith, 4A Clandon Terrace, Kingston Road, Raynes Park, London SW20 8SE
T: 020 8543 1283 E: capital.trails@btinternet.com

Edinburgh Britannia Trail (PT 219)
12km - Grade 1 - B C MR mr P Pc Pk Rd Rr Rv Tr U
Start: Haymarket Station, Edinburgh EH12 5EY
(OS Map: LR66 GR: 240733) Entry Fee: £1.00
Award: Badge at £2.50
This linear trail shows the other side of Edinburgh's history. It follows mostly the Water of Leith through once industrial areas where water power was harnessed. Passing through an oasis of peace, the Royal Botanic Gardens, you finish at the Ocean Terminal.
Capital Trails - Wendy Meredith, 4A Clandon Terrace, Kingston Road, Raynes Park, London SW20 8SE
T: 020 8543 1283 E: capital.trails@btinternet.com

Glasgow

Glasgow City Trail (PT 235)
12km - Grade 1+ - B MR mr P Pc Pk Rd Rr Rv Tr U
Start: Glasgow Queen Street Railway Station, North Hanover Street, Glasgow G1 2AF
(OS Map: LR 64 GR: NS 592655) Entry Fee: £1.00
A walk around the historic city passing through The Barras, the Merchant City, the city centre and Kelvingrove Park as well as past several landmarks including Glasgow Cathedral, the Peoples Palace, Tolbooth Steeple and the Tenement House. There are also several opportunities for shopping along the route.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

2020 BWF Challenge
Do you have an idea for a new walking challenge in 2020? Send your idea to projects@bwf-ivv.org.uk
Waterways of Glasgow (PT 282)
15km - Grade 2 - B C P Rd Rr Rv Tr U
Start: Glasgow Queen Street Railway Station, North Hanover Street, Glasgow G1 2AF
(OS Map: LR 64 GR: NS 592655) Entry Fee: £1.00
From the city centre, the walk follows the River Clyde for a few km before joining the River Kelvin and following it to where it passes under the Forth & Clyde Canal. The route then returns to the city centre using the towpath of the canals Glasgow Arm.
Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

Highland

Aviemore Trail (PT 131)
11km - Grade 2 - B H mr Pmc Rd Rr Rv W
Start: Car Park opposite the Rothiemurchus Visitors Centre and Farm Shop, Aviemore PH22 1QU
(OS Map: LR 36 GR: NH 901110) Entry Fee: £1.50 Award: Badge at £2.50
A low level walk through woods and across heather-clad hills giving magnificent views of the surrounding countryside. If you are fortunate you may see Red Deer and other wildlife along the route.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Perth & Kinross

Pitlochry Trail (PT 121)
10km - Grade 2 - B Tr Pmc Rd Rv Rr U mr F W
Start: Car Park near the Railway Station, Pitlochry PH16 5AN
(OS Map: LR 52 GR: NN 936581) Entry Fee: £1.50 Award: Badge at £2.50
Following a short steep climb out of Pitlochry this walk takes you through woodland. If you are feeling fit (or thirsty) there is a signposted diversion to Edradour Distillery. You will eventually reach Black Spout waterfall from where the walk descends back down to the town.
British Walking Federation - Roger Baker, 12 Burwood Grove, Hayling Island, Hampshire PO11 9DS
T: 02392 462005 E: trails@bwf-ivv.org.uk

Keep up to date with changes to Event/Permanent Trail visit our Website www.bwf-ivv.org.uk

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Stirlingshire

**Stirling Historical Trail (PT 262)**

11km - Grade 3 - B MR mr P Rd Rr St Tr U W

Start: Stirling Railway Station, Goosecroft Road, Stirling FK8 1PF
(OS Map: EX 386/OL49  GR: NS 798936) Entry Fee: £1.00

Leaving the railway station, the route passes the remains of Cambuskenneth Abbey before heading uphill to reach the Wallace Monument with its magnificent views. Heading downhill, you pass the monument’s visitor’s centre before making your way across to the castle. From the castle the route heads downhill to the station.

Thames Valley Walking Club - Peter Tilbury, 116 Wykeham Road, Reading, Berkshire RG6 1PL
T: 0118 966 6523 E: Btreading@aol.com

IRELAND

**Co. Mayo**

All Irish trails are organised by Ballintubber Abbey Ramblers.

Contact: Richard Staunton, Ballintubber Abbey, Ballintubber, Claremorris, Co. Mayo, Ireland
T: 00353 94 9030934 E: info@ballintubberabbey.ie

**Abbey Ramble 1 (PT 5)**

10km - Grade 1 - MR mr P Pc Pmc Rd Rm Rv

Start: Ballintubber Abbey Entry Fee: €3.00 Award: Certificate

This loop walk starts and finishes at Ballintubber Abbey taking in quiet country roads in this area.

**Abbey Ramble 2 (PT 6)**

25km - Grade 2 - MR mr P Pc Pmc Rd Rm Rv Rw

Start: Ballintubber Abbey Entry Fee: €3.00 Award: Certificate

This is a loop walk which starts and finishes at Ballintubber Abbey. These quiet country roads also take in historic Moore Hall and beautiful Lough Carra.

**Westport Walk (PT 8)**

10km - Grade 1+ - B C mr P Pc Pk Pmc Rd Rr Tr U Wc

Start: Ballintubber Abbey Entry Fee: €3.00 Award: Certificate

An urban and rural trail starting from the Railway Station onto the Westport Greenway to Westport Harbour and return through Westport House gardens along dedicated walkways and footpaths back to the town.
The BWF National Trails comprise of 18 of the original National Trails created by the government, plus the Dales Way and the Coast-to-Coast Walk that were selected by the BWF National Committee to become ‘BW F National Trails’.

REGISTRATION
To register for a BW F National Trail, you need to complete a Registration Form and submit it with the registration fee of £2.00 to the BW F Trails Officer. You will then be issued with a Report Book which you should complete on a daily basis. The information collected acts as a check that the walk has actually been completed.

COMPLETION
On completion of the trail or part of a trail you should send your report book together with the validation fee of £5.00 to the BW F Trails Officer. The appropriate IVV credit will be given for the distance completed and an event for each 20 kilometres completed. Those who complete the full trail will receive a full colour certificate. Those who only walk part of a trail will receive IVV credit but will not receive a certificate.

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<th>National Trail</th>
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*Badge available at £2.00 Please send SAE when ordering. To obtain a Registration Form either send a Stamped Addressed Envelope to: BW F National Trails, 12 Burwood Grove, Hayling Island, Hants. PO11 9DS or visit www.bwf-ivv.org.uk
Recognised Medium Distance Walks between distances of 50 to 99km and Long Distance Walks in excess of 100km in Great Britain are eligible for IVV Awards. As these walking trails are becoming more popular and extensive, the BWF will now credit a walker with IVV Distance and Event stamps.

REGISTRATION

To register for a Medium Distance or Long Distance Walk you need to complete a Registration Form and submit it together with the registration fee of £2.00 to the BWF Trails Officer. To obtain a Registration Form download from www.bwf-ivv.org.uk or send a Stamped Addressed Envelope to: BWF National Trails, 12 Burwood Grove, Hayling Island, Hants. PO11 9DS.

On registration, you will be issued with a Report Book which you should complete on a daily basis. Each day you should record the date, distance walked, weather and collect a dated till receipt, shop/hotel stamp etc. The information collected acts as a check that the walk has actually been completed. If you need more pages these can be downloaded.

COMPLETION

On completion of the Walk or part of a Walk you should send your report book together with the validation fee of £5.00 to the BWF Trails Officer. The appropriate IVV credit will be given for the distance completed and an event for each 20 kilometres completed. Those who complete the full Walk will receive a colour certificate of achievement. Those who only walk part of a trail will receive IVV credit as detailed above but will not receive a certificate.

There is a special Challenge, which is to complete 100 different BWF registered Permanent Trails, National Trails, Medium Distance Walks and Long Distance Walks. For more information visit BWF website www.bwf-ivv.org.uk.
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A few examples that you may wish to consider.

- Aylesbury Ring  50km
- Melton Round  90km
- Oxford Green Belt Way  84km
- Wokingham Way  89km
- Stour Valley Way (Dorset)  97km
- Donnington Way  99km
Why not become a member of the BWF? Becoming an Individual Member of the BWF will ensure that you are personally informed of the latest news from the BWF.

There are two types of membership - Individual & Family. Each type includes the following:

- Individual Membership Card per individual & family member
- Copy of the BWF Event & Permanent Trails Yearbook*
- Quarterly copy of Footprint Newsletter*
- Copy of the BWF Annual Report – on request*
- 2 Vouchers for BWF Permanent Trails
- Various discounts which have been negotiated for BWF Members including^ Cotswold Outdoor, Mountain Warehouse, Magic Mountain, The Great Outdoors Magazine, Ordnance Survey, and Bauer Media (Magazine Subscriptions).

Cost of Membership:

Individual: £8.00 per year
Family: £11.00 per year (2 adults & up to 4 children at the same address)

To obtain a membership application form:

- download from the BWF website at www.bwf-ivv.org.uk/about/membership.html
- Email membership@bwf-ivv.org.uk
- Send an SAE to BWF Membership, 262 Wolsey Way, Lincoln, LN2 4ST.

^Correct At Time Of Printing
*One per family
The British Walking Federation is looking for new National Committee members to join our team.

There are usually 4 committee meetings held per year plus the AGM.

No specific skills required, just an interest in the day to day running of the BWF and its future.

Interested? Contact BWF Committee Chairman
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