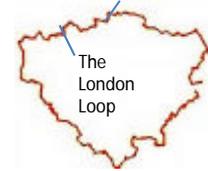




Walk the Loop for Children's Centres

Walk 6: Down House to West Wickham Common 6 May 2013



Loop Walk: 8.5 miles in total (13.5km)

For those who wish to:

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

What to expect?

- A visit to Down House, a place of beauty and scientific discovery
- An attractive walk through gardens, woods and parkland; some urban areas
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

You can do the whole walk or parts of it, breaking off whenever you choose.

Refreshments: On the way, there will be pauses for rest, recreation and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



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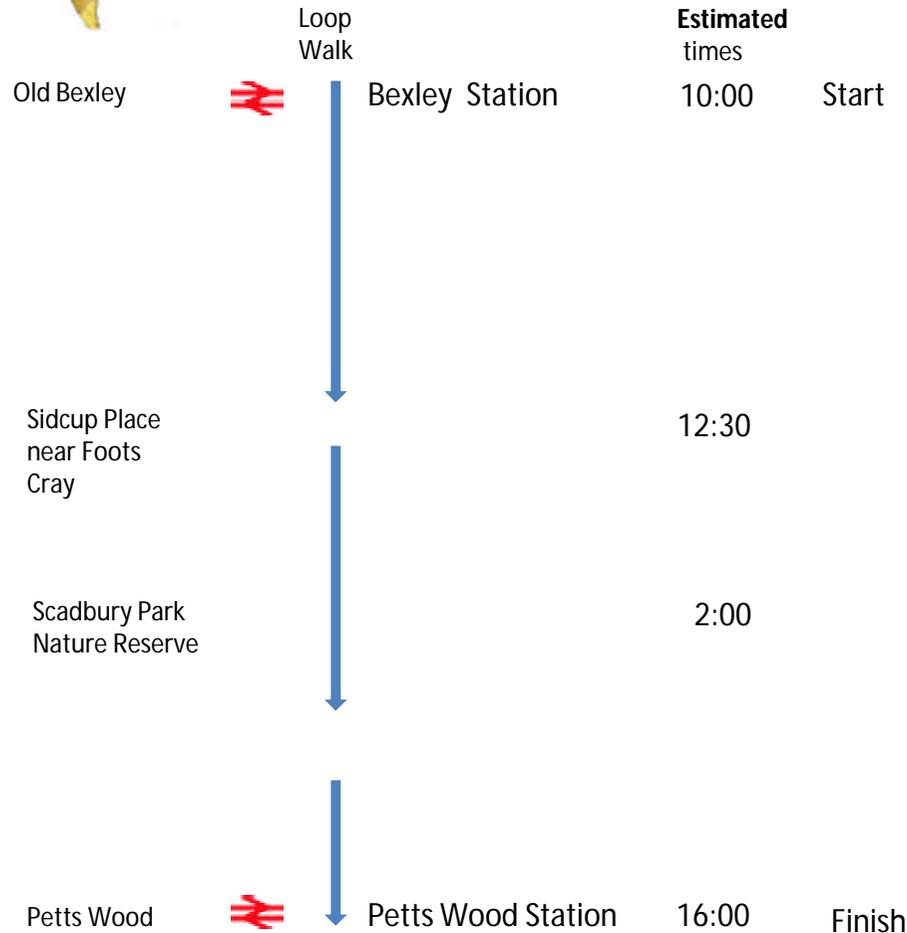
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Walk the Loop for Children's Centres

Walk 5: Old Bexley to Jubilee Park

13 April 2013 tbc



Loop Walk: 7 miles in total (11km)

For those who wish to:

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

What to expect?

- An attractive walk along river-banks, through woods and parkland; some urban areas
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

You can do the whole walk or parts of it, breaking off whenever you choose.

Refreshments: On the way, there will be pauses for rest, recreation and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



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Walk the Loop for Children's Centres

Walk 4: Erith Riverside to Old Bexley

9 March 2013 tbc



	Loop Walk		Estimated times	
Erith Riverside		Erith Station	10:00	Start
Slade Green Station			12:00	
Crayford Station			1.30pm	
	Visit	Hall Place	2.00pm	
		www.hallplace.org.uk		
Bexley Station		Bexley Station	16:00	Finish

Loop Walk: 9 miles in total (14 km).

For those who wish to:

- celebrate and raise awareness of the work of children's centres
- raise funds for a service/activity that is important to them and the children and families in their local community
- engage in an activity that promotes health and well-being

What to expect?

- An attractive walk along river-banks, through woods and parkland; some urban areas
- A visit to the historic site of **Hall Place** and its beautiful gardens (free access to gardens)
- Enjoyable exercise in the fresh air
- Good company
- Time out from the daily round
- Time to slow down
- Replenished body, mind and spirit

You can do the whole walk or parts of it, breaking off whenever you choose.

Refreshments: On the way, there will be pauses for rest and refreshments but it is advisable to bring water along and a healthy snack.

Remember to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day



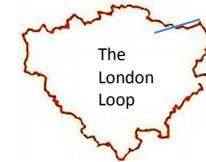
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Walk the Loop for Children's Centres

Walk 3: Chigwell to Havering-atte-Bower



26 October 2012



Loop Walk: for those who wish to show their support for the work of children's centres

7.0 miles in total (11 km)

You can do the whole walk or parts of it, breaking off whenever you choose. There is parking at the Rare Breed Centre.

Leaf HUNT: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres.

This takes place in Havering Country Park., a place of special interest to children with the unusual sight of giant sequoia trees.

What can you expect?

- A leaf hunt (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, Hainault Forest and Havering Country Park.
- Tips and advice on outdoor activities that awake curiosity and an interest in the world around

Refreshments: make sure you bring water and refreshments with you. We will be able to get food and drink at the Rare Breed Centre and a café in Havering-atte-Bower. It is important to wear comfortable, sturdy shoes and clothes suitable to the weather on the day.



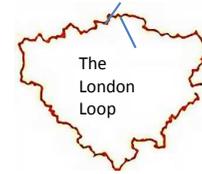
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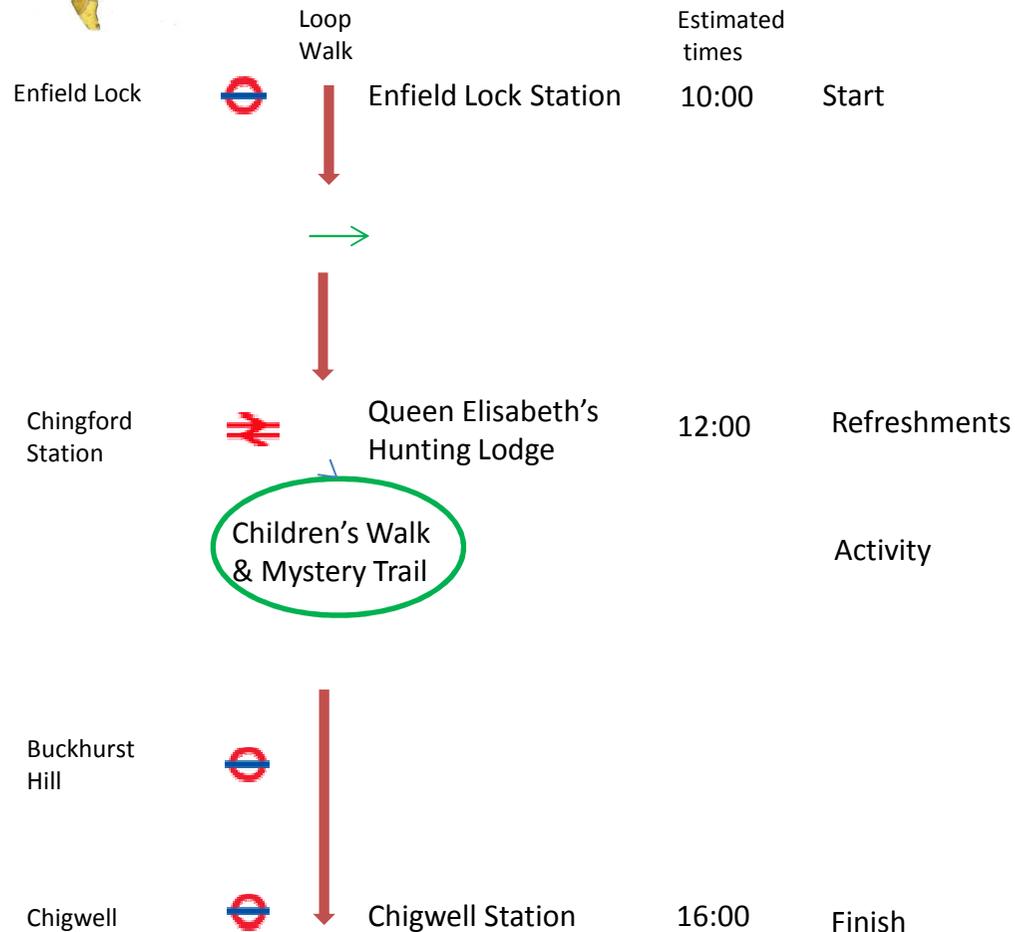


Walk the Loop for Children's Centres

Walk 2: Enfield Lock to Chigwell



8 September 2012



Loop Walk: for those who wish to show their support for the work of children's centres 8 miles in total (12.9km).
You can do the whole walk or parts of it, breaking off whenever you choose.
 On the way, we can join the Children's Walk and Mystery Trail and then continue on to Roding Valley and Chigwell.

Children's Walk and Mystery Trail: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres. This takes place near and around the Animal Welfare Centre in Trent Country Park.

What can you expect?

- A mystery trail (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, Queen Elisabeth's Hunting Lodge and lots more....
- Story-sacks to promote communication and literacy development for your child(ren)

Refreshments: make sure you bring water with you. Food and drink are available near the hunting lodge or you can bring something along.

It is important to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day.



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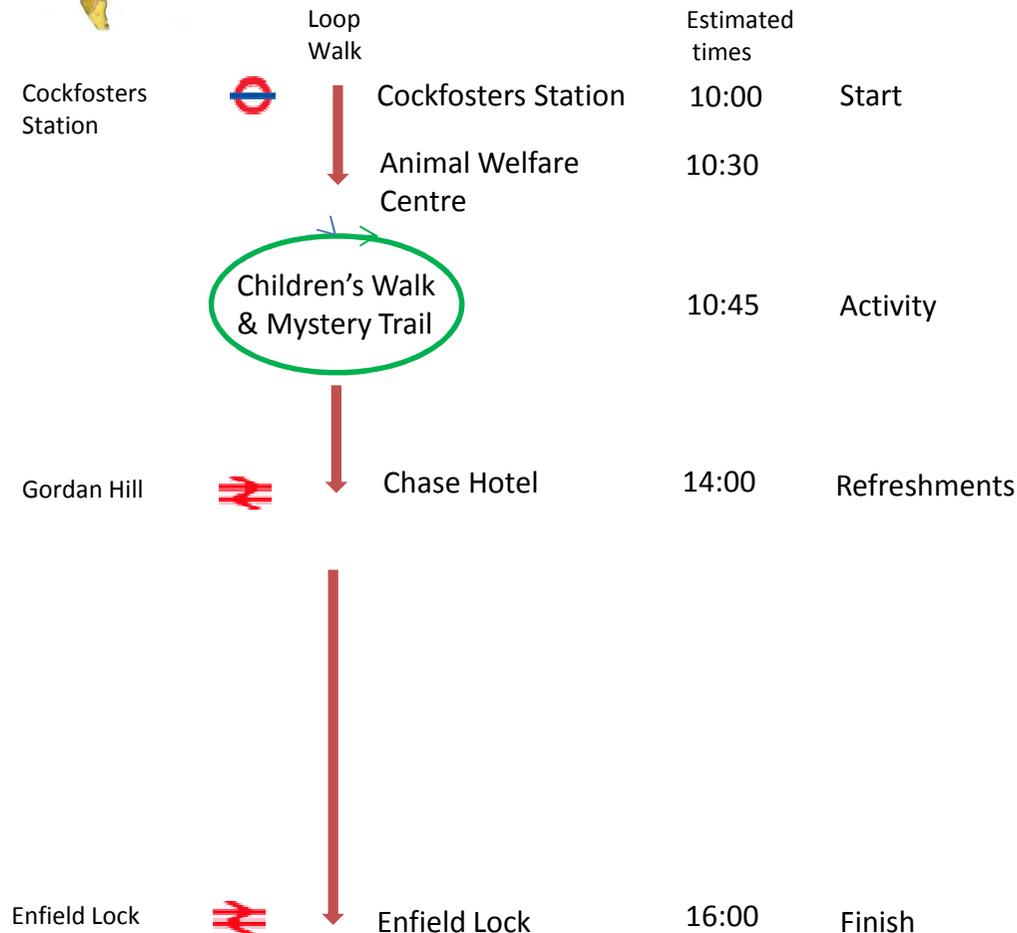
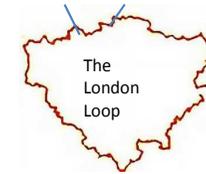
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Walk the Loop for Children's Centres

Walk 1: Cockfosters to Enfield Lock

1 September 2012



Loop Walk: for those who wish to show their support for the work of children's centres 8 miles in total (12.9km).
You can do the whole walk or parts of it, breaking off whenever you choose.

On the way, we can join the Children's Walk and Mystery Trail and then continue on to Chase Hotel before heading towards Albany Park and Enfield Lock.

Children's Walk and Mystery Trail: for children aged 0-5 and families who are involved or would like to be involved with their local children's centres. This takes place near and around the Animal Welfare Centre in Trent Country Park.

What can you expect?

- A mystery trail (find out more on the day!)
- Information and advice about your local children's centres, Walk4Life, and lots more....
- Story-sacks to promote communication and literacy development for your child(ren)

Refreshments: make sure you bring water with you. Food and drink are available from the hotel or you can bring something along.

It is important to wear comfortable, sturdy shoes and clothes that are suitable to the weather on the day.



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