



Friday Trotters Walks Programme – July 2024

The Short and Medium walks are fortnightly - The Long walks are weekly

Meet at 10.00 for 10.15 start of walk

Date	Walk Location	Distance	Pace	Meeting Point	What 3 Words
5 July	Emerson Valley	Short Medium Long	Gentle Moderate Brisk	Emerson Valley Clock Tower Whitehorse Drive MK4 2AS	///walked.splashes.soothing
12 July	Ouse Valley (Wolverton)	Long	Brisk	Watermill Car Park Stratford Road MK12 5NZ Optional lunch at Wolverton House	///embodied.squirts.concerned
19 July	Bancroft	Short Medium Long	Gentle Moderate Brisk	Constantine Way MK13 0RA Coffee Roman Park Residents Club	/// sedated.headboard.flag
26 July	Linford Lakes	Long	Brisk	Stonepit Field car park, Great Linford Wolverton Road, opposite Selkirk Drive by pedestrian traffic lights. Nearest postcode MK14 6GT (Between Asda and Black Horse).	///hormones.sanded.shred

Assistance dogs only welcome