

SAR 3 Month Forward look

All Day walks are generally 10-12 miles, often further afield, occasionally extended to provide an additional challenge (where noted below)

Morning walks are generally 5-7 miles long often followed by an optional pub lunch

Short social walks are generally 3-4.5 miles long at an easy pace followed by an optional café or pub lunch

Quick 10K's are around 7 miles (10-12K) walks offering brisk exercise, finishing around noon

Evening walks are local walks of 4-5 miles

Away walks are in green

Month	Date	Day	Walk Type	Location
July	06	Monday	Evening	Old Hemel
	12	Sunday	All Day	Royston
	15	Wednesday	Morning	Studham
	22	Wednesday	Short Social	Essenden
	26	Sunday	Q10k	Heartwood
August	05	Wednesday	Evening	Roundbush
	15	Saturday	All Day	St.Pancras-Docklands
	19	Wednesday	Morning	Hitchin
	27	Thursday	Short Social	Benington
	30	Sunday	Q10k	Wheathampstead/ Harpenden
Sept	03	Thursday	Evening/Short social	TBA
	13	Sunday	All Day	Hughenden and West Wycombe
	19-26		Away Trip	Majorca
	17	Thursday	Morning	Morning
	27	Sunday	Q10k	Bricketwood