

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
Oct	03	Saturday	All Day	Sandridge
	10-14		Away Trip	Melrose
	21	Wednesday	Morning	Chipperfield
	29	Thursday	Short Social	Bricket Wood
	18	Sunday	Q10k	Verulam/Chiswell Green
Nov	08	Sunday	All Day	Boat Race Bridges Plus and shorter option
	17	Tuesday	Morning	Epping Green
	24	Tuesday	Short Social	Dunstable Downs
	29	Sunday	Q10k	Harpenden
Dec	13	Sunday	All Day	TBA
	16/17/		Morning	TBA
	20	Sunday	Q10K	Marshalswick
	26	Saturday	Boxing Day Social	TBA