

WALKS AROUND EARLEY

Outdoor exercise plays a huge part in maintaining physical and mental health.

Earley is fortunate in having many green spaces & an extensive network of paths.

Loddon Valley Ramblers have designed walks for the Council using these to encourage you to explore outdoors, keep fit & enjoy the Town's facilities.



Thames Valley Park Nature Reserve in summer – Walk 12

The Walks:



Cover a range of distances from 1 mile (1.6km) to 8.8 miles (14.3km).



Have comprehensive route instructions with photos & a map for each walk.



Some designed for wheelchair users.



Family friendly & will suit everyone from the young (supervised) to the old & everyone in between.



All accessible by bus and car.



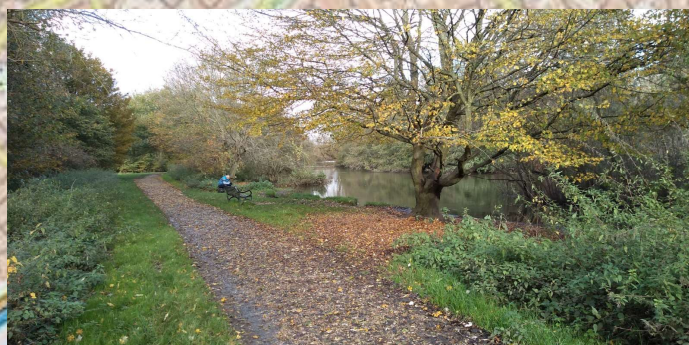
Downloadable (free) as PDFs to be printed or used on smartphone or tablet.



Maiden Erlegh Lake in winter – Walk 6 (walking isn't just for summer)

For more information and to download the walks visit

www.earley-tc.gov.uk/walks or scan the QR code



River Loddon in autumn – Walk 3



SCAN ME