



Felmersham & Radwell Footpaths to Fitness

TIME & DISTANCE

The main objective of this leaflet is to encourage people to enjoy the countryside and get pleasure from walking but some people may wish to structure their activity. A time is shown for each walk that represents a brisk pace, this is only a guide, slower times will still produce benefits and enjoyment. The distance is given in miles.

Each walk connects key points shown on the map. Suffix N indicates a route on even surfaces that should be safe from traffic at night so that exercise can still be maintained on shorter winter evenings, R indicates routes also suitable for running or jogging for which modest times are given.

You may enjoy the exercise more if you walk with a friend (or dog). If you are encouraged to walk further look at other local footpath leaflets FOOTPATHS AROUND FELMERSHAM AND RADWELL or THREE CHURCHES WALK.

OBSERVE THE COUNTRY CODE



This leaflet was designed & produced by David Cardy
It is available on www.felmersham.net

FITNESS INVOLVES EXERCISE, THIS LEAFLET AIMS TO MAKE EXERCISE FUN

Most advice given on achieving fitness or weight loss suggests regular exercise. The amount varies from 20 minutes three times a week to 60 every day. This leaflet does not attempt to give advice on exercise and is certainly not medical guidance, it assumes that individuals have decided to include regular exercise in their lives. It can be used for whatever duration or interval you choose.

Local walks are shown that should make exercise more enjoyable. Walking can be the sole form of exercise or be combined with other activities such as swimming, cycling or gardening.

GET TO KNOW THE PARISH

The walks are of varying distance but they are all relatively short so that they can be incorporated into daily activities, they cover a variety of different points of interest within the parish. Directions for all walks start from Felmersham Church although you can join or leave the route at any other point.

SHORT MEASURED WALKS IN
FELMERSHAM AND RADWELL
TO MAKE EXERCISE FUN



Village Loops
ABCDAEFA
 19mins. 1.1m

Nature Trail
AGHIJGA
 21mins. 1.2m

Hardwick Hike
ABCKLMA
 40mins. 2.3m

Felmersham Triangle
ABNOEFA
 34mins. 2.0m

Golf Course
ABPQREFA
 55mins. 3.2m



Dropshort Run
AFESTUA
 24mins. 1.4m
 (R 12mins)

Radwell Run
AFERVWREFA
 46mins. 2.7m
 (N)(R 23mins.)

New Farm
AFERWXYA
 45mins. 2.6m

The Old Road
AYA
 22mins. 1.3m
 (N)(R 11mins.)

Pinchmill Islands
AYZGA
 40mins. 2.3m



Footpath
Bridleway ●●●●●
Road ———