

Group Name:	WALKING 2ND MONDAY	Leader: GEOFF HARRIS
Meeting:	2 nd Monday of the month, in the morning	
Venue:	Location varies	
Contact:	Walkingmonday2@u3ameltonmowbray.org.uk	
<p>We usually do a circular 5 mile walk within a radius of 10 miles from Melton. The walk is followed by lunch (not compulsory).</p> <p>Details of the next walk are printed in the U3A newsletter each month.</p> <p>We are quite full but there is some scope for new members to join us. Please contact the Group leader if you are interested in joining.</p>		
Last updated:	January 2019	

Group Name:	WALKING 4TH MONDAY	Leader: JENNIFER GREGORY
Meeting:	4 th Monday of the month, in the morning	
Venue:	Location varies	
Contact:	Walkingmonday4@u3ameltonmowbray.org.uk	
<p>We do a circular walk of varying difficult, usually 4-5 miles long. Members volunteer to lead walk. The walk is usually followed by a pub lunch if required. A social event takes place instead of the December walk.</p> <p>The group is full but there is a waiting list in operation if you are interested in joining us</p>		
Last updated:	January 2019	

Group Name:	WALKING 3rd WEDNESDAY	Leader: ROB ISSITT
Meeting:	3 rd Wednesday of the month, in the morning	
Venue:	Location varies	
Contact:	Walkingwednesday3@u3ameltonmowbray.org.uk	
<p>The benefits from walking and walking in a group are well known and not just the physical benefits but also the opportunity for social contact and the support of others.</p> <p>Our walks are a chance to make friends and enjoy the fresh air while getting fitter or staying fit. The walks are all circular, of medium length (average 5 miles), across local countryside and last for approximately 2 hours with a break halfway around and a pub lunch at the end. Decent walking shoes or boots are recommended.</p>		
Last updated:	January 2019	

Group Name:	WALKING 1st THURSDAY	Leaders: WENDY AND STUART POSNETT
Meeting:	1 st Thursday of the month, in the morning	
Venue:	Location varies	
Contact:	walkingthursday1@u3ameltonmowbray.org.uk	
<p>We walk around Leicestershire and sometimes borders/Nottinghamshire. The distance is normally between 6-7 miles – average 5½ - 6½ miles. We usually start and finish at a public house where we lunch. Lunch is optional but a nice way to finish a group walk. Some of our group volunteer to lead a walk which we really appreciate.</p> <p>It's a wonderful way to enjoy the countryside and other folks' company.</p> <p>You'll be welcomed into the group if you would like to join us</p>		
Last updated:	January 2019	

