

Group Name:	<b>WALKING 2<sup>ND</sup> MONDAY</b>	<b>Leader: GEOFF HARRIS</b>
Meeting:	2 <sup>nd</sup> Monday of the month, in the morning	
Venue:	Location varies	
Contact:	<a href="mailto:Walkingmonday2@u3ameltonmowbray.org.uk">Walkingmonday2@u3ameltonmowbray.org.uk</a>	
<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:	15 March 2019	

Group Name:	<b>WALKING 4<sup>TH</sup> MONDAY</b>	<b>Leader: JENNIFER GREGORY</b>
Meeting:	4 <sup>th</sup> Monday of the month, in the morning	
Venue:	Location varies	
Contact:	<a href="mailto:Walkingmonday4@u3ameltonmowbray.org.uk">Walkingmonday4@u3ameltonmowbray.org.uk</a>	
<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:	15 March 2019	

Group Name:	<b>WALKING 3rd WEDNESDAY</b>	<b>Leader: ROB ISSITT</b>
Meeting:	3 <sup>rd</sup> Wednesday of the month, in the morning	
Venue:	Location varies	
Contact:	<a href="mailto:Walkingwednesday3@u3ameltonmowbray.org.uk">Walkingwednesday3@u3ameltonmowbray.org.uk</a>	
<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:	15 March 2019	

Group Name:	<b>WALKING 1<sup>st</sup> THURSDAY</b>	<b>Leaders: WENDY AND STUART POSNETT</b>
Meeting:	1 <sup>st</sup> Thursday of the month, in the morning	
Venue:	Location varies	
Contact:	<a href="mailto:Walkingthursday1@u3ameltonmowbray.org.uk">Walkingthursday1@u3ameltonmowbray.org.uk</a>	
<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:	15 March 2019	

**PHOTO GALLERY**  
**1<sup>st</sup> Thursday Walking Group**  
**Walking in Bradgate Park**

