

Walking Your Way to the Games

Chelmsford

We've teamed up with the Essex Legacy Team at Essex County Council to bring you **“Walking your Way to the Games”**. Existing walks on our Heart and Sole programme have been nominated a colour; you will receive an Essex Legacy pin badge in the colour of the walks you attend.

The challenge is on - can you collect all 5 badges?

For more information please contact Chelmsford's Heart and Sole Coordinator:

T: 01245 606569

E: heartandsole@chelmsford.gov.uk

W: www.chelmsford.gov.uk/heartandsole

Red Walk (shortest walk) **Great Baddow**

Distance: 1.2 miles

Date: Tuesday, 11 January 2011

Time: 12:00 pm

Meeting point: In the car park of Great Baddow Millennium Centre



Green Walk **Bell Meadow Walk**

Distance: 1.5 miles

Date: Wednesday, 15 December 2010

Time: 10:30am

Meeting point: By the ice cream van stand opposite Marks and Spencer



Yellow Walk **Boleyn Gardens Walk**

Distance: 1.5 miles

Date: Friday, 28 January 2011

Time: 10:30am

Meeting point: Outside the Sports Pavilion at the end of Burnell Gate



Blue Walk **Writtle Walk**

Distance: 1.5 miles

Date: Tuesday, 8 February 2011

Time: 12:00pm

Meeting point: By Writtle Garden Tea Rooms, off Lordship Road



Black Walk: (Longest Walk) **Moulsham Mill Walk**

Distance: 4 miles

Date: Tuesday, 1 March 2011

Time: 10:00am

Meeting point: In the car park at the rear of the mill building

