



Path leading from Hindhay Farm

Healthy Lifestyles

By looking at the chart below you can work out how many calories per mile you can burn!

	Weight in Kilograms						
	45	54	63	72	81	90	100
2.0 mph	65	80	93	105	120	133	145
2.5 mph	62	74	88	100	112	124	138
3.0 mph	60	72	83	95	108	120	132
3.5 mph	59	71	83	93	107	119	130
4.0 mph	59	70	81	94	105	118	129
4.5 mph	69	82	97	110	122	138	151
5.0 mph	77	92	108	123	138	154	169
6.0 mph	86	99	114	130	147	167	190
7.0 mph	96	111	128	146	165	187	212
Speed	Calories burned per mile						

Source: www.aboutwalking.com

Contact Details

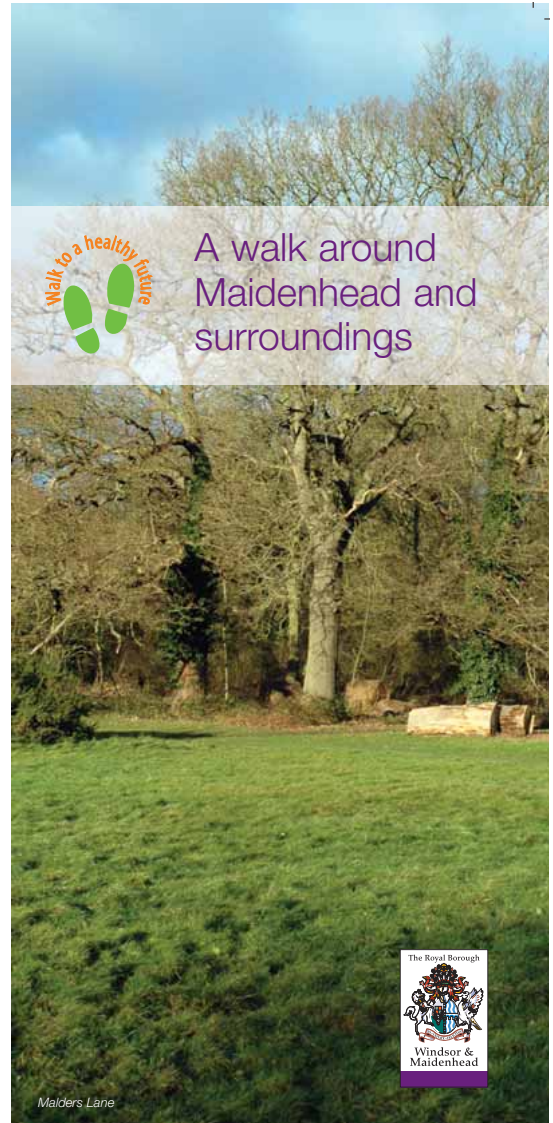
To find out more about the benefits of a healthy lifestyle and to book your introductory workout please contact one of the Royal Borough of Windsor and Maidenhead BodyZone Gyms.

Magnet Leisure Centre	01628 777003
Windsor Leisure Centre	01753 842194
Charters Leisure Centre	01344 628686
Braywick Performance	01628 633200

Or visit the website at www.rbwm.gov.uk

For further information on public rights of way in the Borough, please visit www.rbwm.gov.uk/web/prow_index.htm or contact the Rights of Way Team on 01628 683800. You can also visit www.maidenhead.cc/walks for more ideas.

Please take care not to disturb wildlife living around your chosen walk and take your litter home with you. Dogs should be under control and their waste collected for disposal in the bins provided.



A walk around Maidenhead and surroundings



Malders Lane



A leisurely walk or a vigorous game of tennis at Oaken Grove - it's your choice!

The pathway meets with Hindhay Lane opposite Furze Platt secondary school. Turn left and follow to the T junction at the end of the lane. (Turn left to follow walk 2).

Turn right and walk to the next T junction at Malders Lane. Turn left and follow to the end of the lane. Turn left again then first right into Golden Ball Lane (named after the golden ball located at the top of the church tower in West Wycombe). Along here is the half way point of the walk and the ideal place to stop for food and some refreshment at the Lemon Tree pub. At the end of Golden Ball Lane cross the road with extreme caution and follow left to the edge of the large Pinkneys Green Open Space. A popular dog exercising area and great for ball games, this space can become very busy during the summer months. Keep the perimeter on your right as it takes you down to Lea Lane and onto Bix Lane. Keep left following the perimeter of the park toward the cricket pitch. At the cricket pitch cross into Pinkneys Road.

Follow down and turn left into Halifax Way. Interestingly, the roads are named in recognition of RAF military planes. At the end turn left and then right into Blenheim Road. Follow to the end where you arrive back at Oaken Grove Park on your right.

Walk 1 is approximately 8 miles. From the main car park keep the tennis courts and bowling club to your left and follow the perimeter of the park to the western gates onto Blenheim Road. Turn right into the tree lined Oaken Grove. On your left after 100 metres you will see the signed public footpath. Follow this through the popular residential area known as the Cranbrook Drive Estate. The path meets with the Furze Platt Road. Notice the contrast this road creates with the rural agriculture ahead and the urban community just passed. (Follow walk 3 directions for a short walk). Turn left and then cross the road turning right. The walk now follows the public rights of way path using less stable paths and can become muddy in poor weather. Turn right along the public footpath taking you east along the trodden path. On a clear day you will have views of the magnificent Cliveden House set in the hillsides.

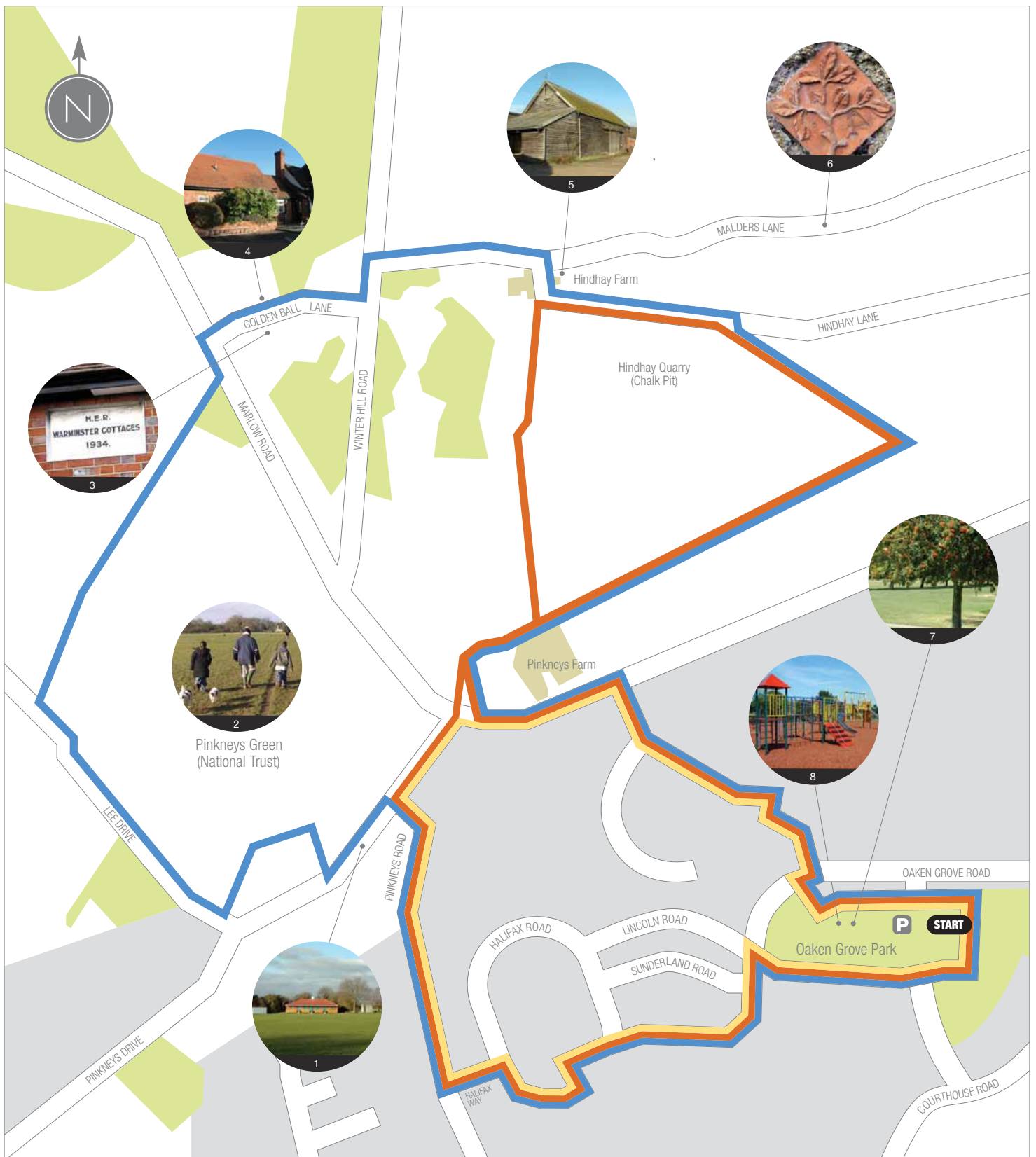
Walk 2 is approximately 6 miles. Follow the footpath south turning right at the next footpath leading you to the Furze Platt Road. Cross with caution onto the Pinkneys Green Open Space. When you reach the cricket pitch and car park cross into Pinkneys Road. Follow down and turn left into Halifax Way. Interestingly, the roads are named in recognition of RAF military planes. At the end turn left and then right into Blenheim Road. Follow to the end where you arrive back at Oaken Grove Park on your right.

Walk 3 is approximately 4 miles. Continue along Furze Platt Road until you arrive at the T junction with Pinkneys Green Open Space. When you reach the cricket pitch and car park cross into Pinkneys Road. In the summer months you can sit outside and watch the cricket on the green. Follow down and turn left into Halifax Way. Interestingly, the roads are named in recognition of RAF military planes. At the end turn left and then right into Blenheim Road. Follow to the end where you arrive back at Oaken Grove Park on your right.



A picturesque view from Hindhay Farm

Walk 1 until directed to shorter walks. There is plenty of parking available. All walks start with 2 football pitches, tennis courts and a lawn green bowling park's generous size hosts an extensive children's play area, original at Oaken Grove Park in Pinkneys Green. The Pinkneys Green and Furze Platt. The start of all 3 walks in Maidenhead with sights around Oaken Grove, Furze Platt and Farnham.



Pictures 2, 3 and 6 supplied courtesy of Rod Bird, The Maidenhead Camera Club

Legend

- Walk 1
- Walk 2
- Walk 3
- Roads
- Built up area
- Car Park

Picture Key

- 1 Pinkneys Green Cricket Club
- 2 Pinkneys Green
- 3 Wall Plaque at Golden Ball Lane
- 4 Lemon Tree Pub
- 5 Hindhay Farm
- 6 Wall Tile at Malders Lane
- 7 Oaken Grove Park
- 8 Oaken Grove Play Area

