

The Eight Spires Way We are really looking forward to you joining us on the 28th July and whether it's for one leg, the whole route or just a cup of tea, it will be wonderful to see you. Jacqueline and Peter will be walking at a rate of around 3miles/hour but there is no pressure to walk at the same pace or to keep to any timetable! Please listen out for the bells. An enthusiastic team of campanologists will be ringing the bells at many of the churches to welcome the walkers. An appealing prospect!

Refreshments - are available at The Chapel, Wymington; St Mary's Podington; URC, Harrold; St Mary's, Stevington.

Water - will be available to fill your water bottle at all the churches.

Lunch - please bring a packed lunch with you. St Mary's, Carlton are providing some seating for the lunch stop at 12.15pm. If you're starting with Leg 1, packed lunches will be transported to St Mary's, Carlton so that you don't have to carry it all the way.

Supper - all are invited (encouraged) to join Jacqueline & Peter in The Bell for supper at the end of the walk and even if you haven't walked you will be most welcome; the more the merrier! There is no need to book but it would be a great help if you were able to let Nick Tusting know beforehand whether you will be coming.

Maps - Detail maps and a description of the legs will be available to pick up at each church.

Wheelchairs, scooters and buggies - Legs 4 & 5, which start at 11.40am from the URC are suitable for wheelchairs, scooters and buggies.

"Passport" - Each walker can pick up a "passport" from the church that they start the walk from, which will be stamped at all the churches that they walk to. How many stamps can you collect?

Timings -

- Leg 1 at depart 07:00 from All Saints' Odell to St Lawrence Wymington, 5.2m
- Leg 2 at depart 09:05 from St Lawrence Wymington to St Mary's Podington, 1.7m
- Leg 3 at depart 09:55 from St Mary's Podington to URC Harrold, 4.4m
- Leg 4 at depart 11:40 from URC Harrold to St Peter's Harrold, 0.4m
- Leg 5 at depart 12:10 from St Peter's Harrold to St Mary's Carlton, 1.5m
- Leg 6 at depart 13:00 from St Mary's Carlton to All Saint's Turvey, 1.9m
- Leg 7 at depart 14:00 from All Saints' Turvey to St Mary's Stevington, 3.7m
- Leg 8 at depart 15:30 from St Mary's Stevington to All Saints' Odell, 3.8m

Dogs - you are welcome to walk with your dog. Please keep it under control or on a lead. Water for dogs will be available at all churches.

Buses – please see attached timetable

Loos - there are loos available at all churches except Podington.

Litter - please respect the countryside and take all litter home with you.

Contact - (not on the day) please do call Nick Tusting on tel: 01234 720320 to book supper or to offer help or for any queries or email nick@tustingandtwyman.co.uk

Please note that all walkers join "The Eight Spires Way" at their own risk and must take full responsibility for their own welfare, their children and their dogs.