



**Thank you for signing up
for the 600 Minute Challenge!**

**In case you are in need of some inspiration about what kinds of activities to incorporate into your 600 minutes, we have shared some ideas below that might help you on your way!
Any new events or activity ideas will be added here**

Netball

On **Saturday, 2nd February** there will be a Ladies' fun netball game in the sports hall at RLS from 5pm-7.30pm in the Sports Hall at RLS. Please email Liliana on marialilian1930@hotmail.co.uk or Mary on m100.murphy@gmail.com if you are interested in taking part, and please help to spread the word!

Badminton

On **Friday, 8th February** there will be a fun 'round robin'-style mixed doubles American badminton tournament in the sports hall at RLS from 5pm-7.30pm. We will pair you up with your first partner of the evening, so there's no need to attend as a pair – all abilities welcome. Please email marialiliana1930@hotmail.co.uk or m100.murphy@gmail.com if you are interested in taking part, and please spread the word again, thank you!

Tennis

Are you an up and coming tennis player, looking to hone your skills? Or maybe you played a lot of tennis at some stage of your life and are now a bit rusty? Buckingham Tennis Club welcomes new members. For a free taster session contact mary.murphy@letterbox.myzen.co.uk

Korfball

Looking for something new? An indoor team sport? Korfball is similar to basketball, netball and handball but is totally unique. It is played by mixed-sex teams at all ages and from beginner to international level. Buckingham Royals Korfball club is a friendly club that offers opportunities for the competitive and the more social. Junior sessions (age 8-14) are available at RLS on Thursday evenings 6.15-7.15pm, followed by adults from 7.15-8.45. Junior sessions are also available on Fridays at Webber Independent School, Stantonbury, MK from 4.15 – 5.30pm. Contact Darren at bucroyals@gmail.com or find them on Facebook or simply to turn up and give it a go. New players wanted! First two sessions free!

Swimming

The Swan Pool have kindly agreed to a special offer price of £2.50 for 600 Minute Challengers (please show your wristband) during a Swim4Everyone or Swim4Fitness session as per their published timetable. They just ask that you register for a free Pay-As-You-Go everyoneactive card.

Woodland Conservation at Silverstone Woodland - 10th February and 26th February

Until 23rd April, there are woodland conservation working parties meeting in Silverstone Woodlands in conjunction with the Forestry Commission on every 2nd Sunday and 4th Tuesday of the month. Join this friendly volunteer group for a variety of woodland management tasks. The sessions run between 10am – 2pm, but you can stay for as little or as long as you like. Tools and refreshments provided. Please contact Brian.Pollard@forestry.gsi.gov.uk if you would like to attend.

Cycle Ride

There is a new six-mile cycleway between Buckingham and Winslow, which can be used for walking or cycling. It starts on London Road, opposite Tesco's.

Running

Have you heard of Parkrun? It's a free weekly timed community 5km run, every Saturday at 9am. The event takes place at the Bridge Street Skate Park. Run for enjoyment, whatever your pace. There are also park run events at Bicester, Milton Keynes, Aylesbury and Oxford. Go to <http://www.parkrun.org.uk/buckingham/> for further details and registration. For juniors, 4-14 year olds, there is a 2km park run on Sundays at 9am in Bourton Park, Buckingham. For further details and registration go to <http://www.parkrun.org.uk/buckingham-juniors/>

Family walks around Buckingham

Get up early on a crisp morning, get out on a walk with your family or a group of friends. Listen to the birds and watch the sun rise as you make new discoveries in your local area.

Try the 4km circular walk in and around Buckingham, exploring its parks (see map on the next page).

For more details, visit

<http://www.buckinghamoldgaol.org.uk/downloads/BuckinghamCircularWalk.pdf>



Spy Mission themed Treasure Trails

Why not explore Buckingham on a self-guided family-friendly Spy Mission themed Treasure Trail, or venture a bit further afield to other local treasure trails in Brackley, Winslow, Stoke Bruerne, Aylesbury or Banbury. These are just a few of the local places that have an existing treasure trail route to follow. Solve the clues set on existing buildings, permanent features and monuments to crack the code and complete the mission. In Buckingham, the Trail starts at Cornwalls Meadow car park and begins with a riverside walk before leading you to St Peter and St Paul's Church. The route continues to Chandos Park and then explores the town before finishing close to your start point. For more information, and to download a treasure map (or order a paper version) at £6.99, visit:

<https://www.treasuretrails.co.uk/things-to-do/buckinghamshire/buckingham>

Another interesting walk, of approximately 6km goes from Buckingham, to Stowe Corinthian Arch and back. You leave Buckingham by turning up Stowe Avenue. After the lodge houses on either side of the road, the footpath bears right, and there is a path lined with horse chestnut trees all the way to Corinthian Arch. You do not have to be a National Trust member to use the New Inn Cafe at Stowe gardens, near the Corinthian Arch. A stop here is a good bribe! Return to Buckingham by same route.

Stowe Gardens and Waddesdon Manor (both National Trust-owned) have lovely family walks - charge for entry to gardens for non-members.

Slightly further away, Salcey Forest, east of Hartwell Village (Postcode NN7 2HX) has very family friendly walks ranging in length from 1.2km to 10km. There is also a Tree Top Walk, affording great views on a clear day. In addition there is a family friendly 8km cycle trail, an 8km horse trail, and a café. Entry is free, car parking costs up to £4/day www.forestry.gov.uk/forestry/inf8bkmju

For more ideas on walks in north Bucks, go to http://www.walkinginbucks.co.uk/milton_keynes.php, where you can download maps and details for free.

Geo-caching

Looking for something to do as a family, using smart phones, in the outdoors? Geo-caching is like a digital treasure hunt. There are many caches (treasure) hidden in your local area, whether it's Buckingham, Milton Keynes or further afield. You will need a sense of adventure, a smart phone, and to download the free geo cache app to your phone. For further details see www.geocaching.com