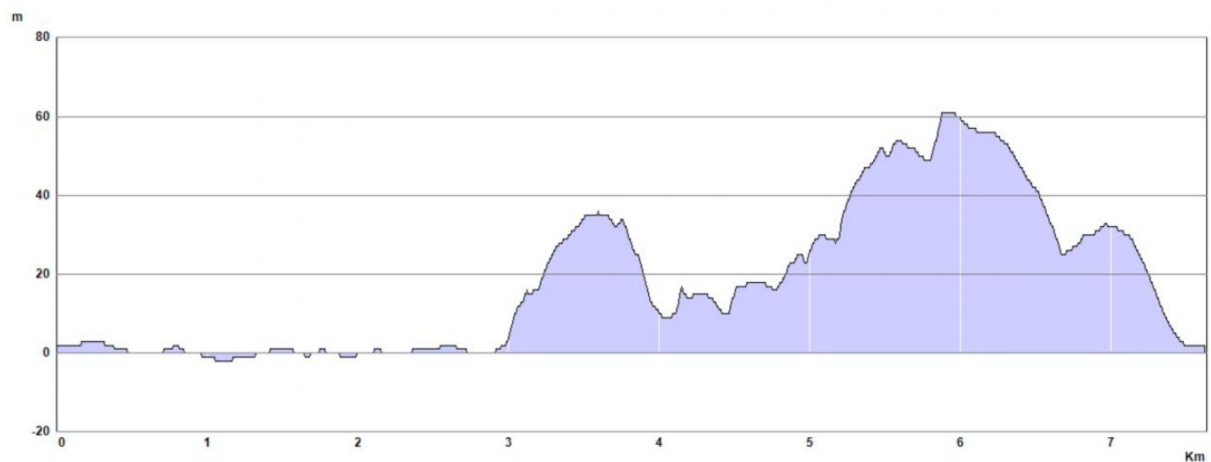
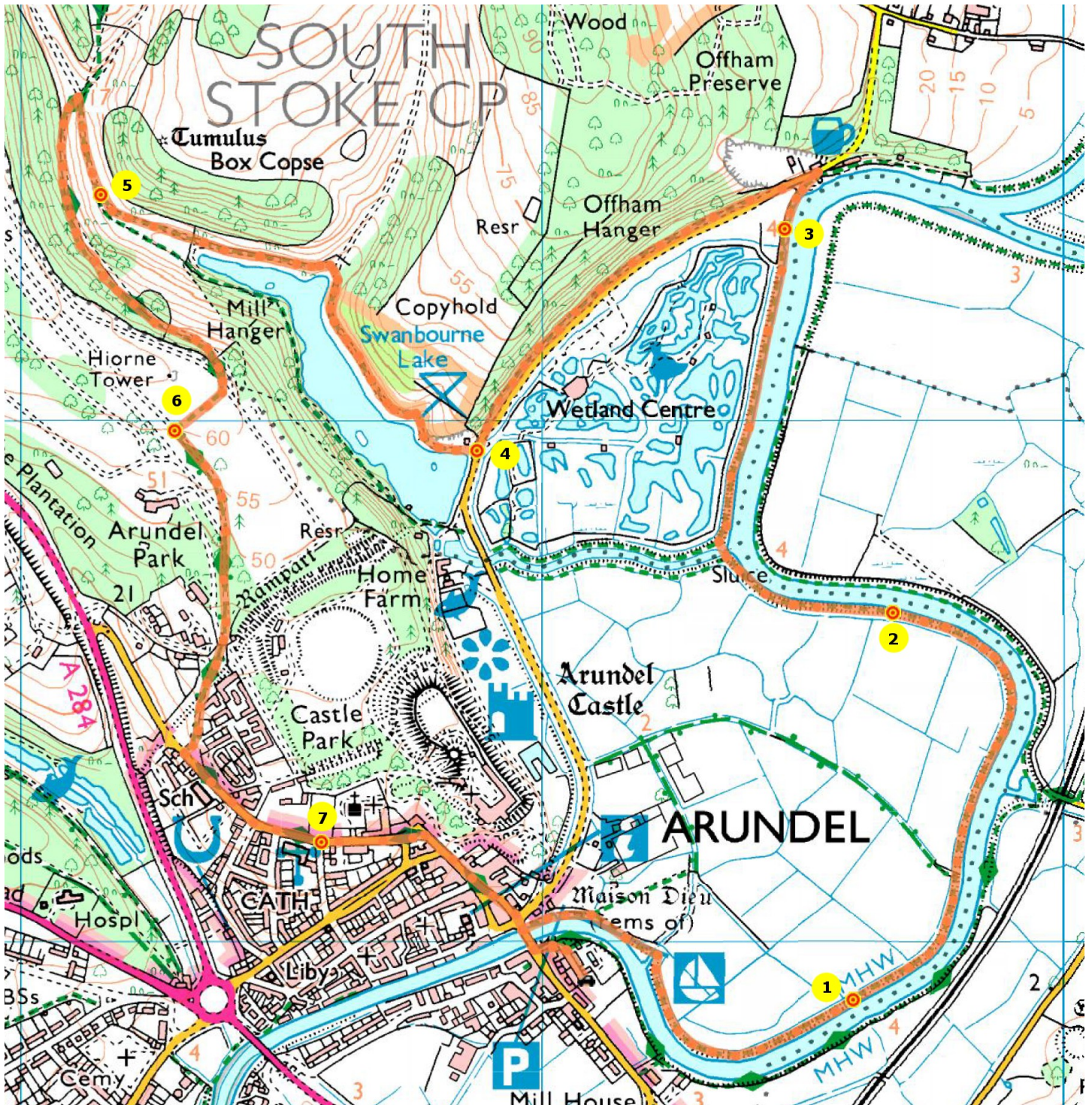


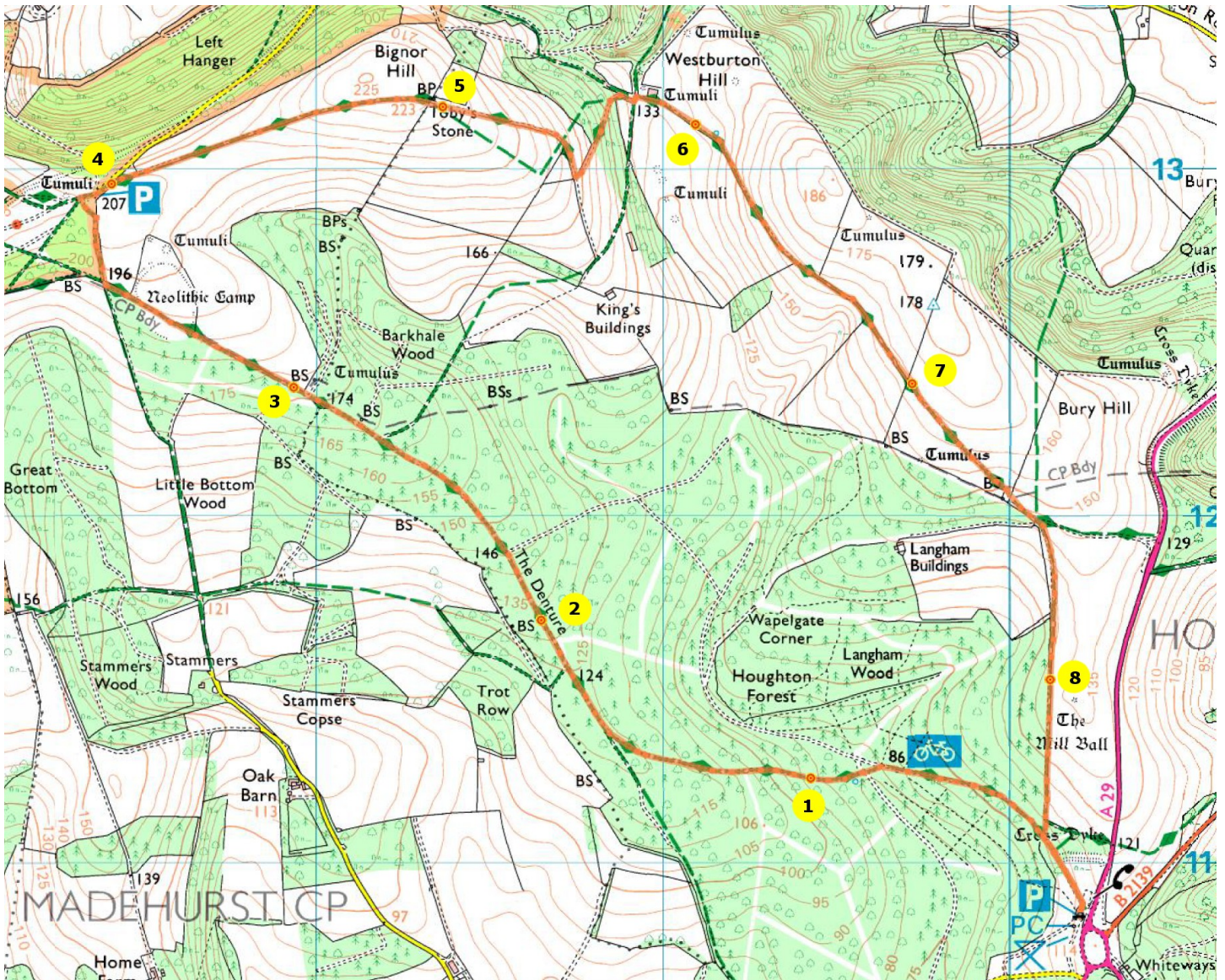
Friday walk from Arundel

Length: 7.6km (4.7 miles). Approximate ascent: 135m (440 ft)



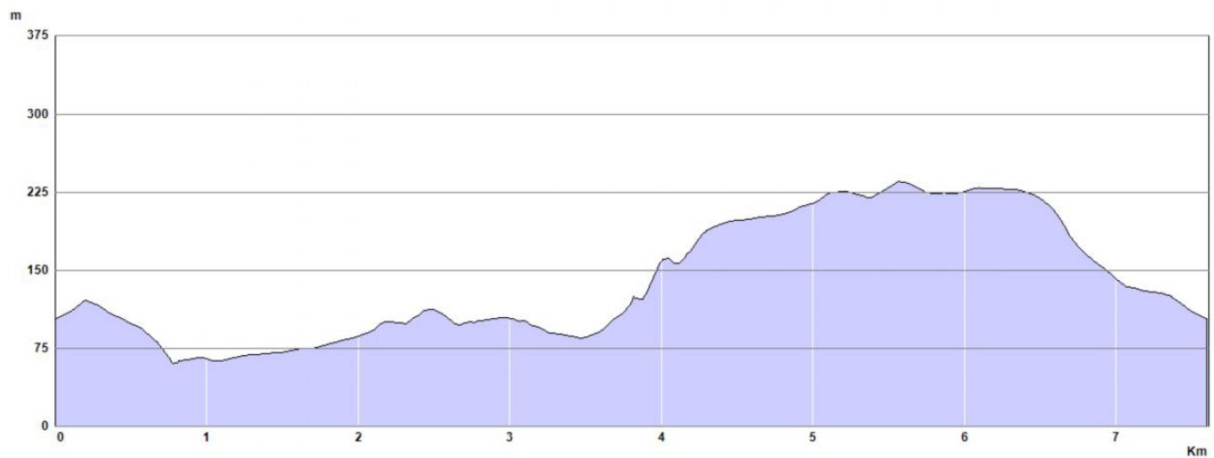
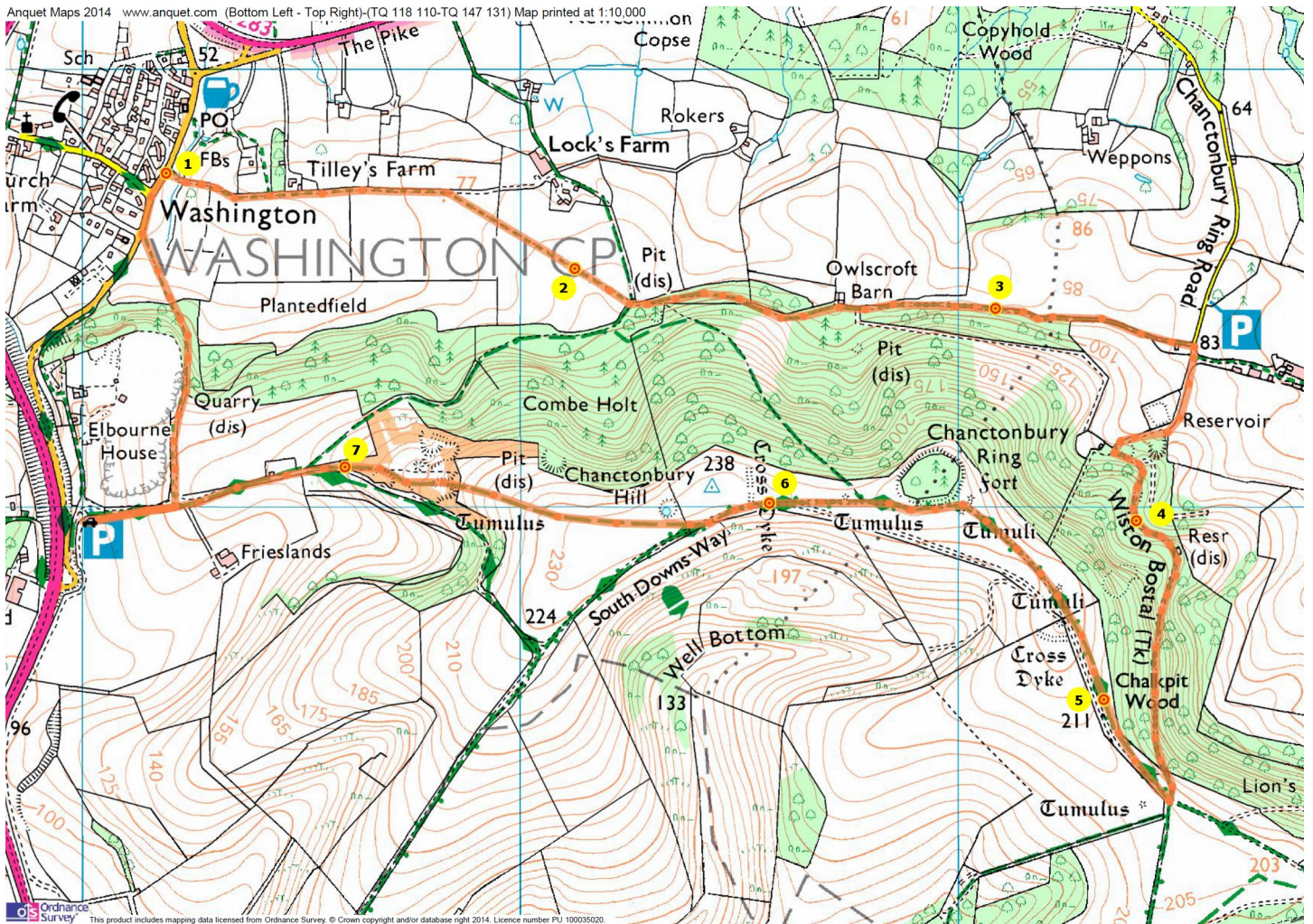
Saturday Walk from Whiteways

Length: 8.7km (5.4 miles). Approximate ascent: 190m (620 ft)



Sunday Walk from Washington

Length: 7.6km (4.7 miles). Approximate ascent: 250m (820 ft)



Monday Walk from Abingworth

Length: 8.2km (5.1 miles). Approximate ascent: 110m (360 ft)

