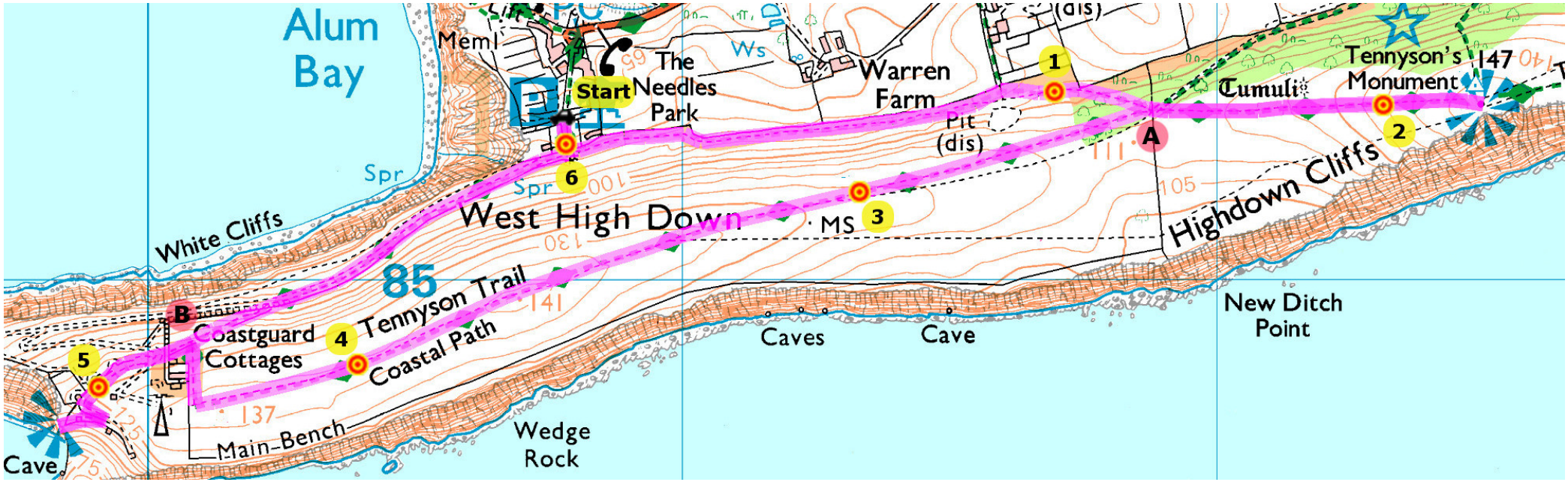
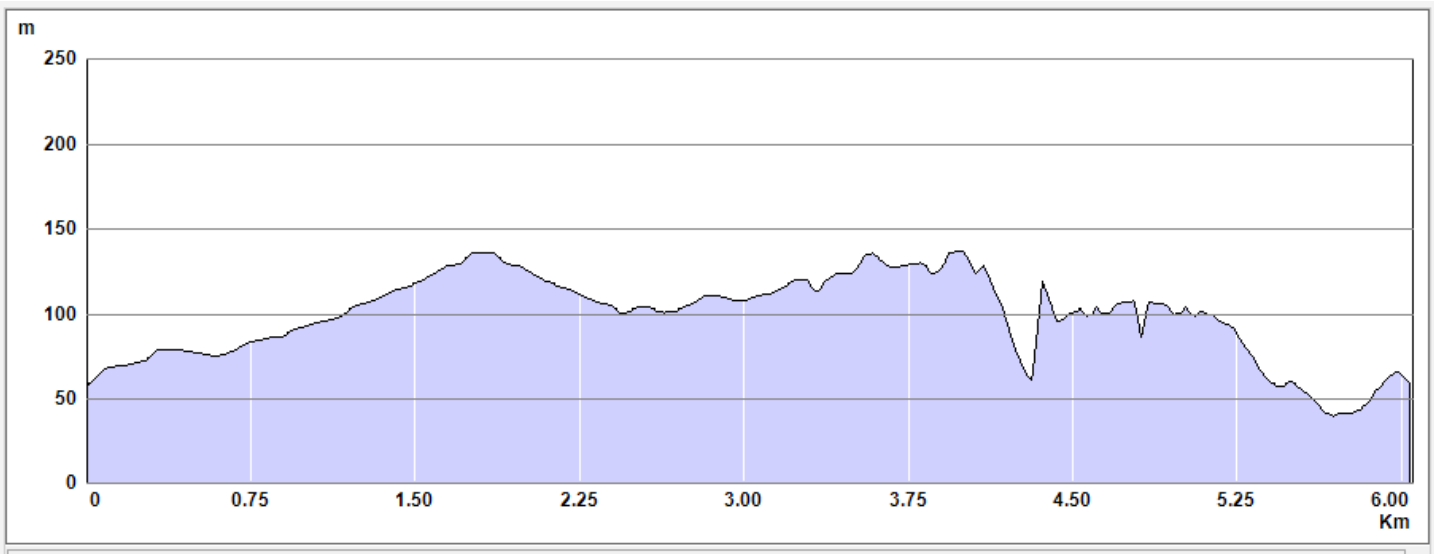
Monday Walk from Alum Bay

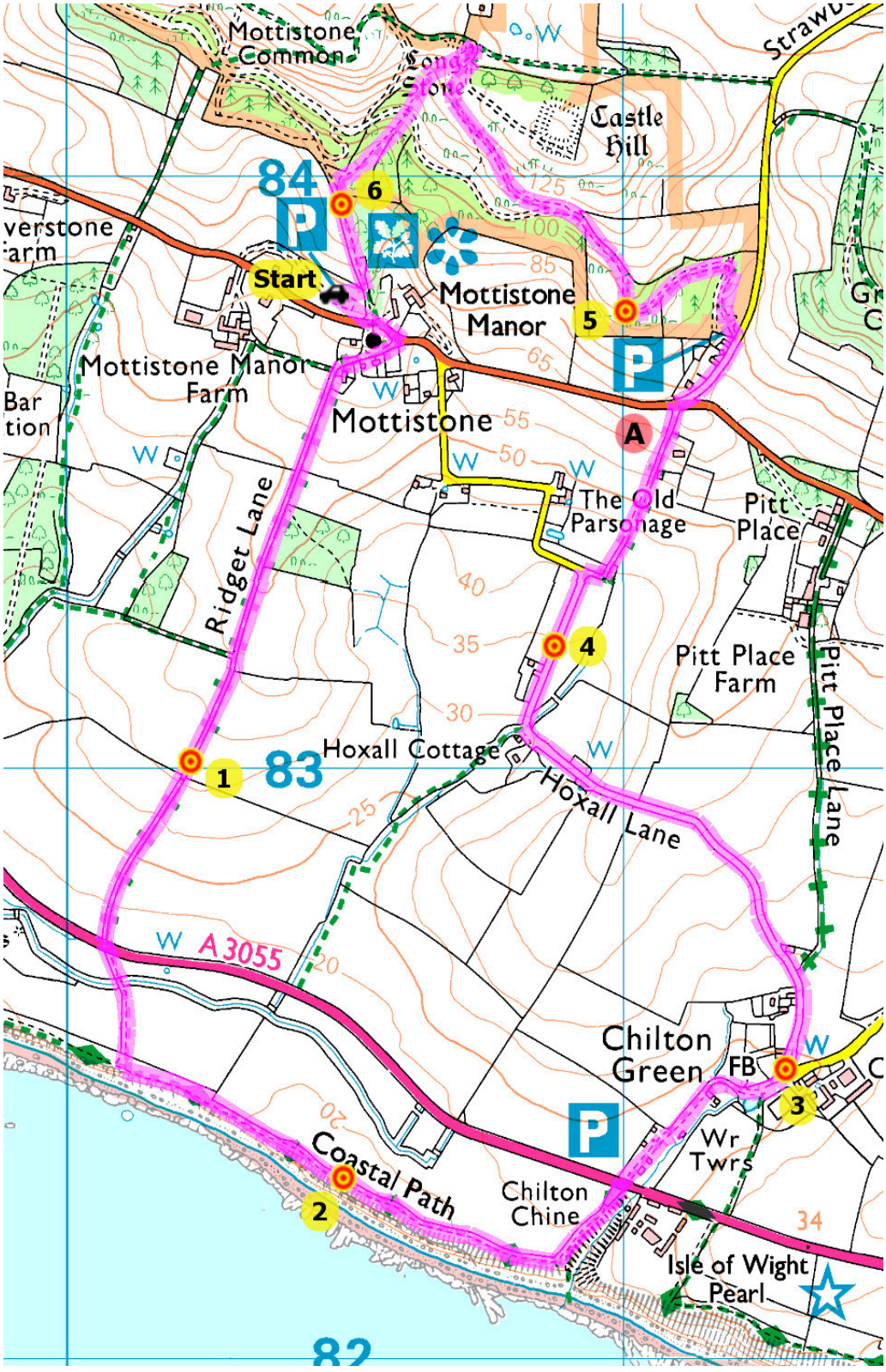
Length: 6.1km (4.2 miles). Approximate ascent: 270m (890 ft)

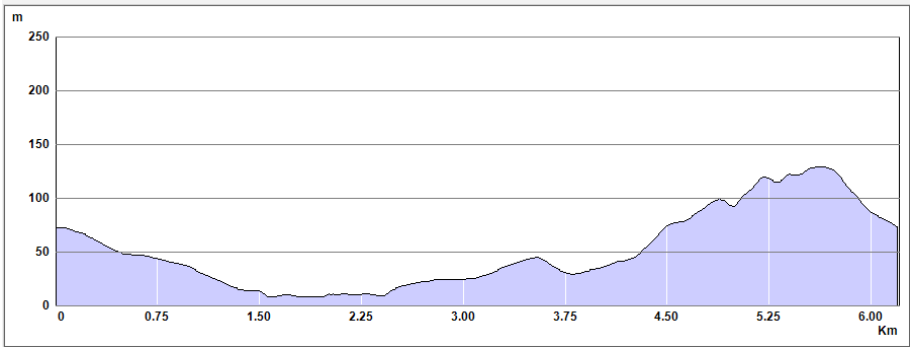




Tuesday Walk from Mottistone

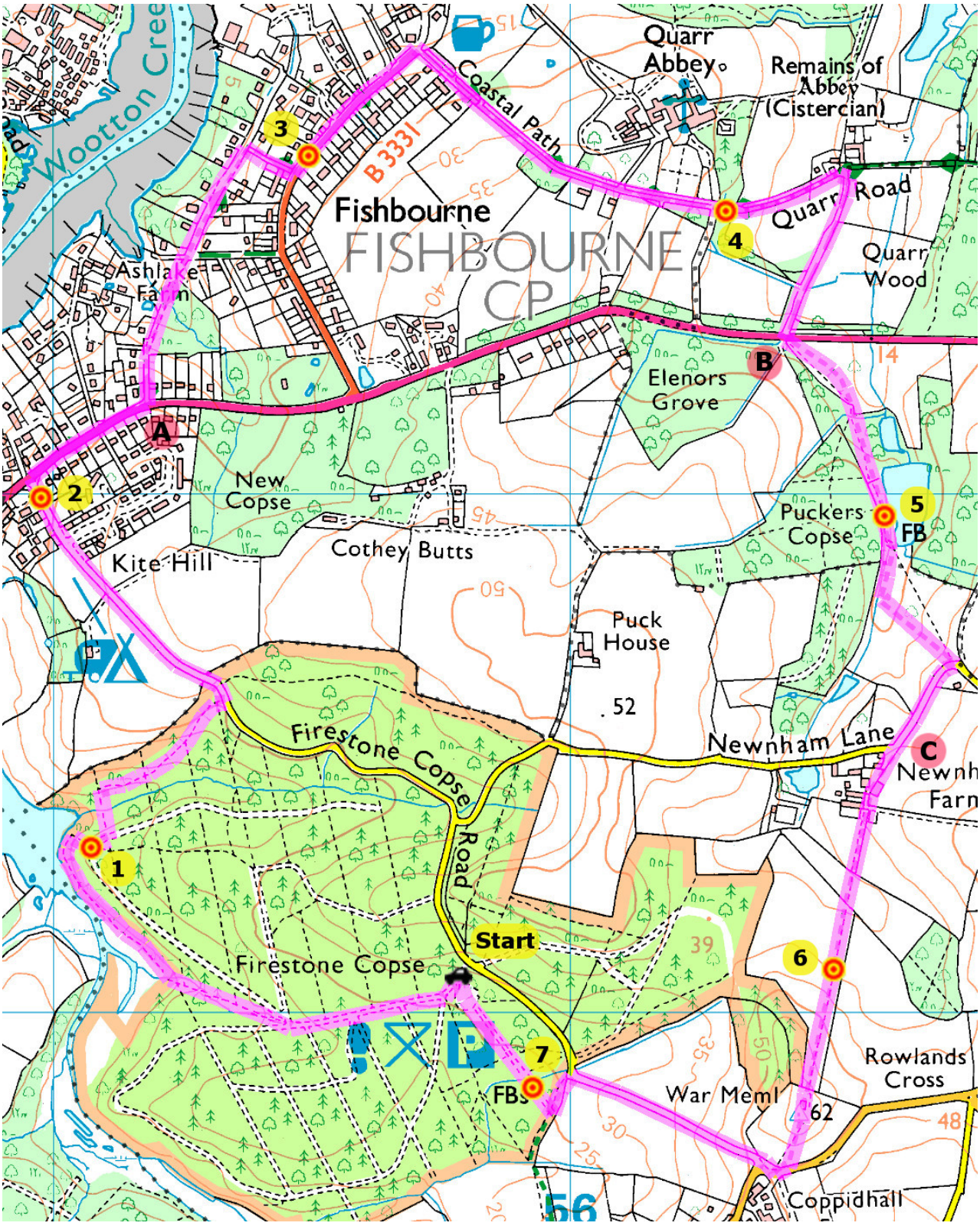
Length: 6.2km (4.3 miles). Approximate ascent: 160m (520 ft)

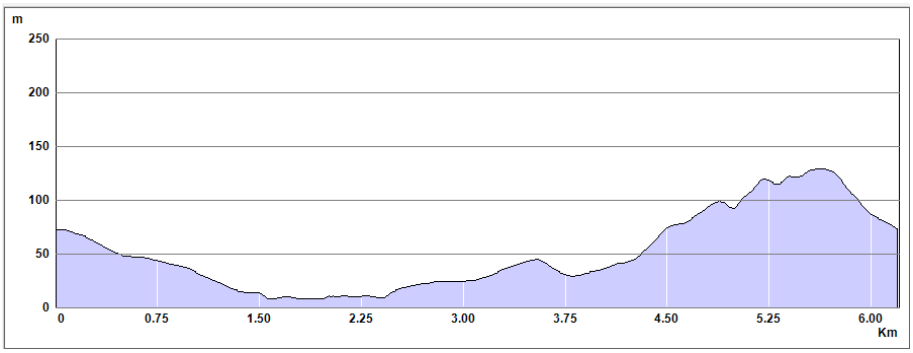




Thursday Walk from Firestone Copse

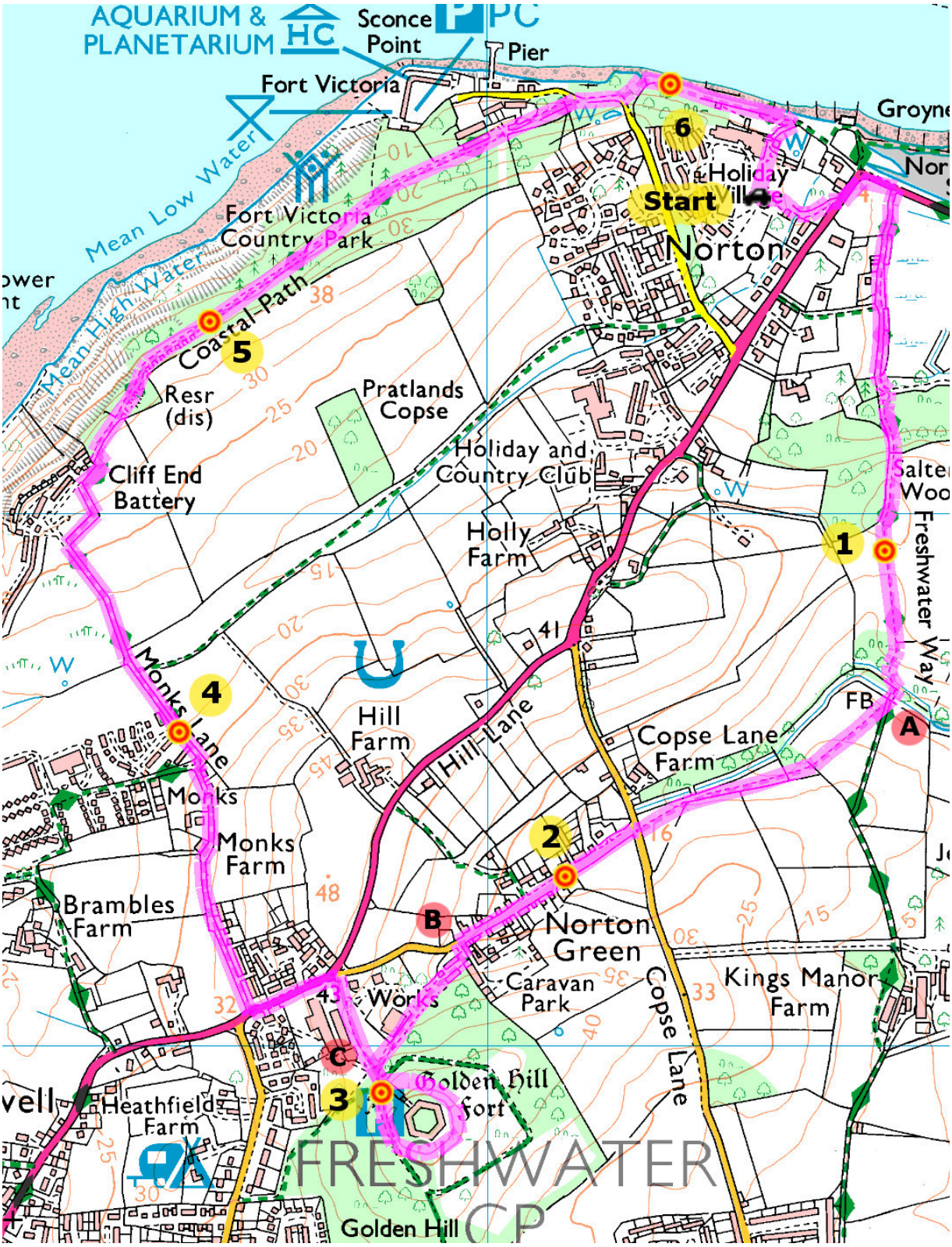
Length: 7.3km (4.5 miles). Approximate ascent: 140m (470 ft)

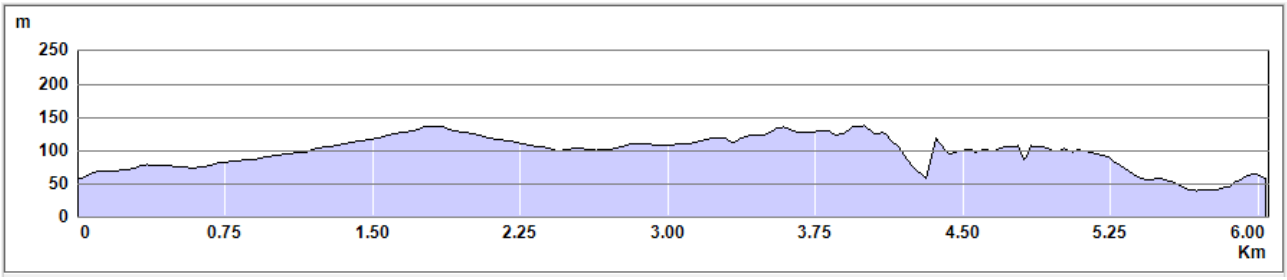


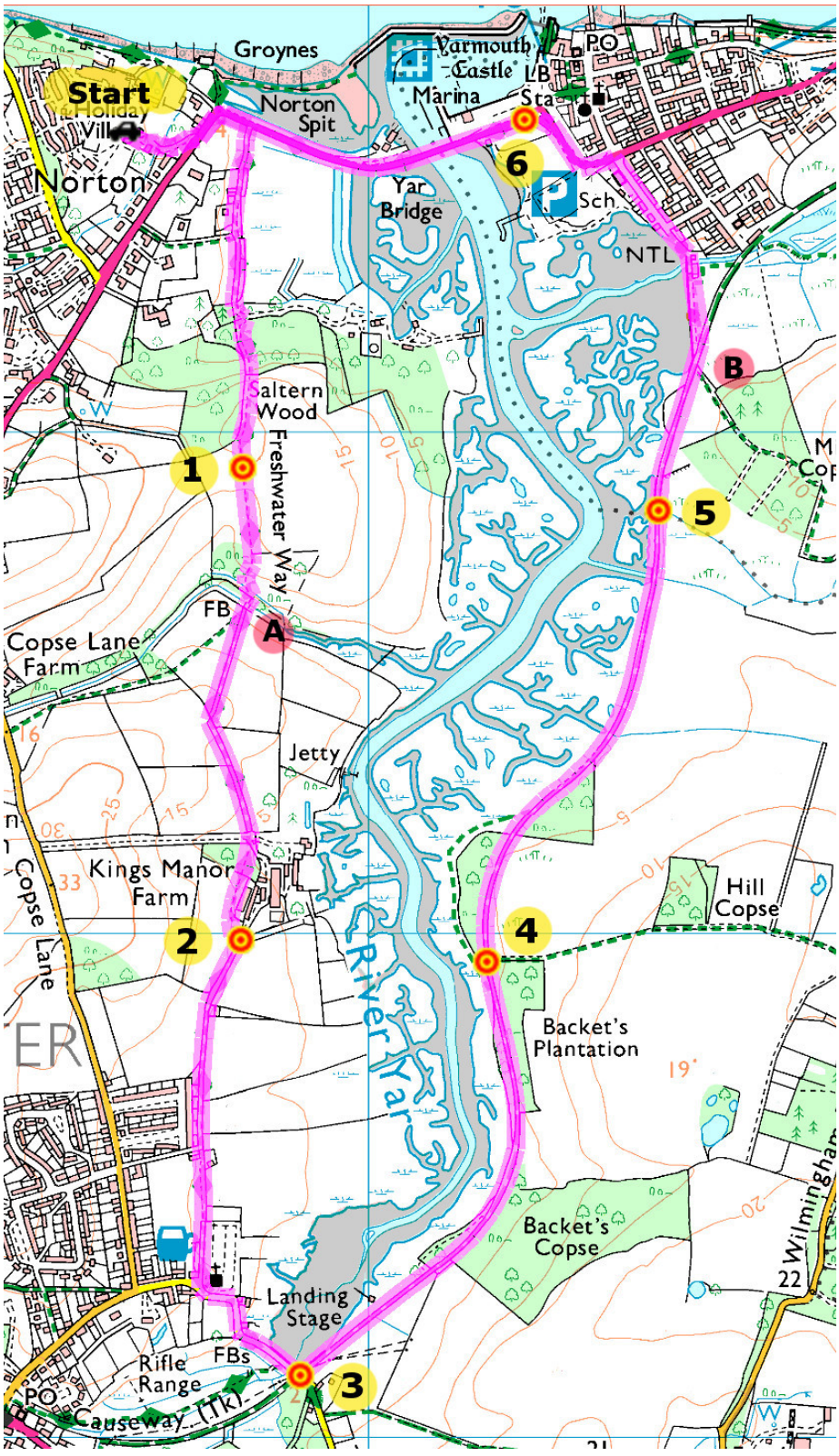
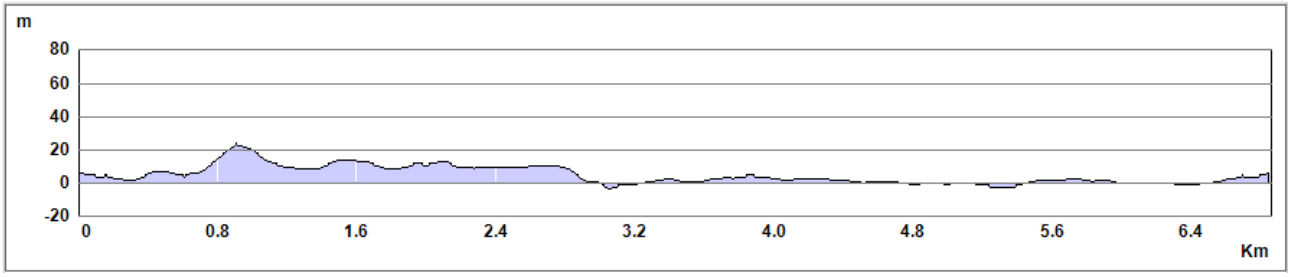


Friday Walk from Norton Grange

Length: 6.4km (4.0 miles). Approximate ascent: 105m (340 ft)





Unscheduled walk from Norton Grange to Yarmouth

Length: 6.9km (4.3 miles). Approximate ascent: 65m (210ft)