



The Green Gym is a unique scheme. Develop your fitness and health whilst improving your local environment. It is run by its members in partnership with Sonning Common Health Centre and is linked to the British Trust for Conservation Volunteers (BTCV). *Green Gym* is a registered trade mark of BTCV.

Green Gym Programme January to March 2010 (amended 5/2/2010)

- MEETING POINTS:** Normally meet On Site *for* 9.30am *start*
- ASSISTANCE:** See map on back or telephone in good time beforehand (0118 972 3528).
- WHAT TO WEAR:** Please wear old, warm clothes and sturdy boots and bring waterproofs.
- TETANUS:** Please ensure your tetanus inoculation is up to date.
- MEDICATION:** You must yourself be responsible for creams (e.g. against sunburn or bites) or for any medication you may need.

Directions for the Natural England Nature Reserve, Aston Rowant

OS Map 165 – Usual meeting-point is Reserve office. We occasionally meet at two other sites, the Nature Reserve car park and Cowlease car park. Please check beforehand, if necessary.

At Nettlebed take B480 to Watlington; then take B4009 following signs for M40. Drive under Motorway (Junction 6) & take next right (A40). After ¼ mile turn right onto track (Icknield Way) signposted "Nature Reserve Office". For Nature Reserve and Cowlease car parks continue on the road and turn right after 1 mile further on at the top of the hill. The Nature Reserve car park is on the right after ½ mile (brown sign). Cowlease is a ½ mile further on and on the left (for Sculpture Trail) after crossing motorway.

From Christmas Common, reverse the directions.

January 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration work on riverside site	Roadside by bridge – please avoid entrances/bus stop	David Gordon Diane Gordon	Bring Wellingtons Jointly with local volunteers
Thursday 7 th 9.30 – 12.30	Peppard Common	Clearing scrub/raking	Car park by Peppard crossroads	Tony Chandler Eric Yarrow	
Saturday 9 th 9.30 --12.30	Kennylands Field, Sonning Common	Cut back blackthorn / a chance to use fire-trailer?	Bird Wood Court	Tony Chandler Brian Gardener	
Thursday 14 th 9.30 --12.30	Withymead, Goring	Cut back willows along boardwalk / continue fencing restoration	On site	Julia Booker Chris Ash	
Saturday 16 th 9.30 – 12.30	Fiddle Hill, Goring	Clear scrub on downland hillside – to preserve habitat for butterflies/bonfire	On site – please park carefully along drive-way	Robin Howles John Hasler	
Thursday 21 st 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Coppicing in Little London Wood	Cherry Tree Corner	Jules Thomson Tony Chandler	Bring packed lunch
Saturday 23 rd 9.30 –12.30	Pack and Prime Lane (Hernes)	Continue hedge restoration project	Car park beyond main house (Hernes Estate)	Julia Booker Chris Ash	
Thursday 28 th 9.30 – 12.30	Greys Court	Continue creation of wildlife area by ice-house	Main NT car park	Jules Thomson Nick Odell	
Saturday 30 th 9.30 – 12.30	Oak Farm, Harpsden Bottom	Hedge restoration, including planting	In field, ½ mile from Hunts Green	Robin Howles Brian Gardener	

February 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Reading Golf Club, Emmer Green	A chance once more to practise hedge-laying skills	North car park – off Chalk House Green Lane	Tony Chandler Eric Yarrow	
Saturday 6 th 9.30 – 12.30	Watlington Hill	Clearing scrub/bonfire – in support of chalk downland restoration project	Main NT car park	Chris Ash Jean Fowler	Jointly with the Friends of Watlington Hill
Thursday 11 th 9.30 – 12.30	Sue Ryder Home, Joyce Grove	Re-planting in topiary garden/scrub clearing	Follow signs – take first left after entering grounds	Edward Sandars Chris Ash	
Saturday 13 th 9.30 – 12.30	Withymead, Goring	Cutting back willows along boardwalk/fence restoration	On site	John Hasler Brian Gardener	
Thursday 18 th 9.30 – 2.30pm	Aston Rowant National Nature Reserve	Coppicing in Little London Wood	Cherry Tree Corner	Jules Thomson Tony Chandler	Bring packed lunch
Saturday 20 th 9.30 – 12.30	Mill Meadows, Henley	Clearing pond and surroundings	Mill Meadows car park	Julia Booker Nick Odell	
Thursday 25 th 9.30 - 12.30	Greys Court	Clearance of spreading laurel/brambles in bluebell wood/bonfire	Main NT car park	Jules Thomson Diane Gordon	
Saturday 27 th 9.30 – 12.30	Nettlebed Common	Clearing scrub on Priest Hill	Car park by sportsfield	Tony Chandler Jules Thomson	

March 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Reading Golf Club, Emmer Green	A further chance to put hedgelaying skills to the test!	In north car park – off Chalk House Green Lane	Tony Chandler John Hasler	
Saturday 6 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	David Gordon Diane Gordon	Bring Wellingtons Jointly with local volunteers
Thursday 11 th 9.30 – 12.30	Greys Court	Further work to establish wildlife area	Main NT car park	Jules Thomson Eric Yarrow	
Saturday 13 th 9.30 – 12.30	Pack and Prime Lane (Hernes)	Continue with hedge restoration project	Car park beyond main house (Hernes Estate)	Julia Booker Robin Howles	Access by left turn off RG to Henley road
Thursday 18 th 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Scrub Clearing	Cowleaze FC Car Park	Jules Thomson Tony Chandler	Please bring packed lunch
Saturday 20 th 9.30 – 12.30	Duffields Common (off Busgrove Lane)	Clearing young birches/brambles	Off road - on site	John Hasler Chris Ash	New site Follow road from Gallowstree C to Stoke Row (two miles)
Thursday 25 th 9.30 – 12.30	Temple Island Meadows SSSI	Further cutting back of scrub on riverside site	On riverside – turn right off Henley to Marlow road, opp. 'Swiss Farm'	Robin Howles Eric Yarrow	Please arrive in good time – access gate will be re-locked at 9.25am
Saturday 27 th 9.30 – 12.30	Kingwood Common	Management of woodland areas	By Great Davids	Jules Thomson Nick Odell	