



**ALTON  
TOWN COUNCIL**

# THE ALTONIAN WEEKLY

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD  
[www.alton.gov.uk](http://www.alton.gov.uk)

## Virtual Challenges

Virtual challenges are a great way to get and stay fit and active and if your self-isolating you can use a treadmill or do laps around the garden!

### [Ultra Challenge May Anyway](#)

Run or walk 100km during the month taking as much time as you want.

### [Virtual Runner UK](#)

If you want to raise money for charity whilst keeping fit

### [The 2.6 challenge](#)

Help save the UK's Charities

[Strava challenge](#) could be all the motivation you need. For May there's a 5K challenge, a 10K challenge, ½ marathon and cycling challenges,

### [Iron Man Virtual Club](#)

Train, compete, and celebrate your achievements with a global community of fellow athletes no matter where you are.

### [This Girl Runs](#)

This Girl Run's Virtual Fun Run.

## Message From The Town Hall

Thank you for reading the 7th edition of the Weekly Altonian. This Friday should have been the launch of Alton's Walking and Cycling Festival with the opening event being a guided tour along the new Wey Walk. While the festival has in large part been cancelled, we would still encourage you to continue going out walking and cycling, within the confines of the current guidelines. We have the new Wey Walk leaflet so you can undertake a self-guided tour along the river yourselves (once lockdown is over we have a number of interpretation panels waiting to be installed along the route as well). You can also go to our website where some of our walk leaders have uploaded maps of the festival routes.

For the more adventurous athletes, with marathons (and in the Town Clerk's case Ultra Marathons) cancelled, if you are struggling for motivation try joining us on a virtual challenge this month. There are a number on offer; and just the lure of a medal might be enough to drag those trainers on and get moving! - Enjoy...

## Competition Winner

Thank you very much and well done to everyone who entered our competition. We received some fantastic designs, our top 10 are on our Facebook page. We can only have one winner and the winning design was by Charlotte Green, well done Charlotte and highly commended goes to Robert and Elisabeth.



## Alton Walking And Cycling Festival



We have compiled a library of walks from the walking festival for you to download. Some of the walks that were going to be on offer this year we haven't been able to include. However, there is a fantastic selection of walks and rides for you to do at your leisure.

If you are on Facebook please follow [our page](#) for updates and information. If you do manage to get out please take some photos and share them with us. Email [community@alton.gov.uk](mailto:community@alton.gov.uk)

Here is a selection of walks that were going to be taking place during the first week of the festival.

### WALKING

#### [NEW - Wey Walk](#)

#### [Thedden and the bluebells in Ackender Woods](#)

#### [Six Hills of Alton](#)

#### [Parish of Shalden](#)

#### [River Wey via Neatham](#)

#### [Alton Ramblers](#)

### CYCLING

#### [Easy Paced Ride To Alice Holt](#)

#### [Gentle Ride Around Alton](#)

#### [North Of Alton Loop](#)

Please remember when you are out walking in the countryside, that you are always walking on a footpath or bridle way. [#walktherightway](#)

Walking is simple, free and one of the easiest ways to get more active, lose weight, become healthier and is fantastic for your mental health.

For further details about the health benefits of walking visit the [Walk Alton](#) website.

## Apps For Walking And Cycling

There some fantastic apps available for you to download for free, to help with keeping track with your progress but also apps where you can download walking and cycling routes.

[ViewRanger](#) is your digital guide to the outdoors with downloadable route guides, outdoor maps, and powerful GPS navigation features. Our mobile app runs on iPhone, iPad, Apple Watch, and Android smartphones, tablets, and watches.

[OS Maps](#) Discover apps for all of GB, discover local walking, running and cycling routes or create and share your own.

[Ride with GPS](#) Stay on course, record your journey. Create a **Ride** Report to share your journey with friends and family.

ALTON LIONS CLUB (CIO) PRESENTS

**FRIDAY NIGHT FUN QUIZ**  
WITH QUIZMASTER DEAN PHILLIPS

On WEY VALLEY RADIO 101.1FM & Facebook @weyvalleyradioalton  
Friday 1<sup>st</sup> May 2020 8pm Start

**FREE to ENTER**  
bring your own food and drink  
No need to book / teams 1 - 100  
just tune or link in - but maintain social distancing

No prizes - no winners just for fun  
If you enjoy it, please donate to  
[www.altonlions.org.uk](http://www.altonlions.org.uk)  
Just click the DONATE button & follow the instructions

All funds raised will go to support local COVID-19 community needs

Alton Lions we do it locally