

Supported by



Healthy Walks Programme January - April 2007

Other walks on Tuesdays may take place. Information will be provided at the walks nearer the time or contact Claire Morgan 01462 474226

January

Tuesday 9th January - Meet at Norton village
Bickerdikes Garden Centre 10:00am (bus route 97)

Tuesday 16th January - Meet at Willian Way Letchworth Par
Three Golf Course 10:00am

February

Tuesday 6th February - Meet at Chambers Lane, Ickleford
The Plume of Feathers 10:00am

Tuesday 20th February - Meet at Norton village
Bickerdikes Garden Centre 10:00am (bus route 97)

March

Tuesday 6th March - Meet at Willian Way Letchworth
Par Three Golf Course 10:00am

Tuesday 20th March - Meet at Chambers Lane,
Ickleford 'The Plume of Feathers' 10.00am

April

Tuesday 3rd April - Meet at Norton village
Bickerdikes Garden Centre 10:00am
(bus route 97)



Useful Information

- Walks leave promptly, make sure you arrive half an hour early to meet the group.
- The walks will take approximately an hour and there will be the opportunity to have refreshments afterwards.
- Although you will not need any specialist clothing, please dress for comfort in flat sensible shoes, warm clothing and waterproofs. It may be muddy under foot so be prepared.
- Dogs joining the group must be kept on a lead
- Travel Information 0870 608 2 608
minicom: 01992 588658
- ARRIVA customer services 087 01 20 10 88

For further information or if you are interested in being a walk leader

Contact:

Claire Morgan 50+ Team
on 01462 474226

