

Wellbeing Walks

Starter walks & **now** longer walks (details below)

Walks open to everyone to get out, enjoy the fresh air and good company.

Please wear appropriate footwear.

Tuesday - Southwood Country Park meet at the cafe
GU14 0LJ @ 11.00 am - ***new longer walk**

Tuesday - St Peter's Church GU14 7AP @ 1.30pm - now 2 miles

Thursday - Southwood Country Park, meet at the cafe
GU14 0LJ @ 11.00am

(Many stay on for tea/coffee after the walk)

Friday - Aldershot Park meet in the car park GU12 4PB
now 1.30pm - ideal for beginners

For more information contact RVS on:

01252 398450

walks@rvs.org.uk

or just turn up and look for the leaders in high-vis jackets.

New walks coming soon - keep any eye on the website and social media



Hampshire
County Council

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