

WEDNESDAY NATURE WALKS

AN OPPORTUNITY TO CONNECT, PAUSE AND ENJOY NATURE



Sessions open to all – no connection to the Hospice necessary.

Each walk lasts approx. 45 – 60 minutes. Please choose a walk that suits your ability and take responsibility for your own safety/wellbeing. Wear suitable clothing and footwear for the weather. Parking and toilets are available at each site.

7 Sept 2-3:30pm: Bridgewater Monument, Ashridge – A short, gentle walk through woodland.

14 Sept 2-3:30pm: The Three Horseshoes, Winkwell, Bourne End – Medium length walk led by Ian Gamble (local naturalist).

21 Sept 10 -12am: Sunnyside Rural Trust café, Hemel Hempstead – Longer walk with uneven ground and some steps led by Ian Gamble.

28 Sept 2-3:30pm: Water's Edge café at Tring Reservoirs - Medium walk, some steps. Led by Ian Gamble.

5 Oct 2-3:30pm: Village shop, The Sports Ground, Chesham Road, Wiggington – Medium length Nordic Walking taster session

BOOKING ESSENTIAL

Please call 01442 869550 or
email info@stfrancis.org.uk



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