

# Wednesday Walkers Timetable

ARCH (The Association of the Residents of Canford Heath) are excited to announce that from Wednesday 4<sup>th</sup> August 2021 a new weekly walking group on Canford Heath will start up.

All walks are free and led by experienced volunteer Walk Leader Bernard Corby. With the summer days, it is hoped that everyone will take the opportunity to get out in the sunshine, enjoy the walks offering a great social opportunity to keep fit.

Bernard will lead the Wednesday Walkers on a series of walks discovering the hidden woodland paths in and around Canford Heath.

All walks will start at 10am from a variety of locations and are of varying distance. See timetable below for details

They are suitable for all ages and well-behaved dogs and children are welcome. All walkers are advised to wear suitable footwear and to bring a drink.

There is no need to pre-book for any of the walks, just turn up on Wednesdays 10am at the meeting points listed below:

Wed 4<sup>th</sup> Aug – meet at Learoyd Road (10-11.30am) - Please note this walk is not suitable for pushchairs

Wed 11<sup>th</sup> Aug – meet outside Asda supermarket (10-11.30am)

Wed 18<sup>th</sup> Aug – meet in Adastral Square (10-11.30am)

Wed 25<sup>th</sup> Aug – meet by Verity Park gates (10am -12noon)

Wed 1<sup>st</sup> Sept – meet at Learoyd Road (10am-12.30)

## **Contact information:**

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