



Come and join us for a walk!

Every Friday, walks to suit all abilities

11.15 for 11.30 Start



A fast paced 1 hour walk around the Hoe, with some inclines and steps

OR

1.15 for 1.30 Start



A Recommended Beginner Walk - 30 minute short walk around the Barbican on a flat route

Meet us at Sands Café, outside the National Marine Aquarium to take part in these **FREE** walks



Stay for a cuppa and a chat afterwards!!



For more details contact Larissa on
01752 201766 or 07791 682777



Come and join us for a walk!

Every Friday, walks to suit all abilities

11.15 for 11.30 Start



A fast paced 1 hour walk around the Hoe, with some inclines and steps

OR

1.15 for 1.30 Start



A Recommended Beginner Walk - 30 minute short walk around the Barbican on a flat route

Meet us at Sands Café, outside the National Marine Aquarium to take part in these **FREE** walks



Stay for a cuppa and a chat afterwards!!



For more details contact Larissa on
01752 201766 or 07791 682777