

Walking your way to health



Castle Hill Health Walk

Castle Hill, HD4 6TA

Meet in the car park setting off at 11:00am

The walk will be every third Tuesday and the options will include 1 hour to 2 hour plus walks then down to Ambry's Community Café, Almondbury afterwards. Please wear supportive footwear

Dates of walks will be **2018:** 9th Oct / 20th Nov / 11th Dec **2019:** 1st & 22nd Jan
12th Feb / 5th & 26th March / 16th April / 7th & 28th May / 18th June / 9th & 30th July /
20th Aug / 10th Sept / 1st & 22nd Oct / 12th Nov / 3rd & 24th Dec



Walking is a great way to get more active whilst enjoying the outdoors!

For more information contact:

Darren on 07827927585 or Dave 07974617074

For further information visit: www.kirklees.gov.uk/walking

