

# Health Walks at Dunstable Downs

Do you want to improve your fitness  
and meet new people?

Then join our **FREE** Wednesday walks

## Beginners

A fairly flat walk along  
a surfaced pathway,  
lasting up to 45 minutes  
Suitable for pushchairs

18th July, 15th Aug,  
19th Sep, 17th Oct,  
21st Nov, 19th Dec.

## Intermediate

A more advanced walk  
lasting up to 90 minutes  
on a variety of paths and  
bridleways with some inclines

4th July, 1st Aug,  
5th Sep, 3rd Oct,  
7th Nov, 5th Dec.

All walks leave from the

**Chilterns Gateway Centre at 10.30am**

Please wear suitable clothing and footwear

To find out more please contact Mike Elliott on 07594 577129  
or Mike Fayers on 01234 832619

