

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 Jan, 15th Feb,
15th Mar, 19th Apr,
17th May, 21st Jun.

Intermediate

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

4th Jan, 1st Feb,
1st Mar, 5th Apr,
3rd May, 7th Jun.

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

