

Walks restart from Thursday 5 February

# Fordingbridge Health Walks

for anyone wishing to improve their fitness

Guided by Volunteer Walk Leader  
(New Forest National Park  
Authority Ranger)

## Walks are FREE

Regular walks at 10.30 am every  
1st and 3rd Thursday in the month for  
approximately one hour.

Meet beside Fordingbridge Library.  
Please wear suitable footwear and clothing for  
walking along uneven gravel tracks in  
all weathers.

**Come along and join us -  
we are a new friendly group.**

For more information contact  
Craig Daters on 01590 646 671 or email  
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**NO NEED TO BOOK. DOGS ON LEADS WELCOME.**

