



Health Walks



Croxley Green
Harvester
Baldwins Lane

September - December 2008

Dates

September 12th 26th

October 10th 24th

November 7th 21st

December 5th 19th

Meet at 10 in the Harvester Car Park.

Walk Grading

A moderate walk of up to 1½ hours, about 3 miles with moderate hills and the occasional steep hill.

All ages welcome.

The walks are free and are led by volunteers who are trained in leading and basic first aid.

Join us for refreshments at Cafe Amici after the walks.