

SHORT HEALTH WALKS

SHORT WALKS ON TUESDAYS

Start times are 10.15 and repeated 11.30

Each walk is about 45 minutes

Terrain: Easy and flat

Meeting place:

Junction of Gresham Park Road and Wilford Lane (near the mini roundabout). Car parking is available in places on the Gresham Park Road.

Please let Jeremy Pratt know if you are likely to come.

If you have any questions or concerns about the walks please also contact Jeremy.

0115 981 0420 or Mobile 0775 145 8041

PLEASE JOIN US TO –

- Improve your health
- Relax
- Enjoy the company
- Add vitamin D!



Rushcliffe Ramblers' wide range of walks is available at www.rushclifferamblers.org/walks/walks-programme

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