

Join us for short Ludlow Walks

Monday 12.45pm—weekly.

Station Drive Surgery, SY8 2AB . 30-45 mins

Tuesday 2pm—2nd and 4th Tues of month, April—end of Sept. approx. 60 mins.

Ludlow Assembly Rooms, SY8 1AZ.

Thursday 2pm—Ashford Carbonell Village Hall, SY8 4DB (fortnightly—see website)

approx. 60 mins



For more details please go to

www.walkingforhealth.org.uk

and click on the walk finder, or contact **Helen d'Albert Walking**

Coordinator on 01743 255059

helen.d'albert@shropshire.gov.uk

Want to get outdoors
and make new
friends?

We also run a **Next Steps walk**

Wednesday — 10 am Upper Fee Community Room, SY8 1PS—(Fortnightly) call 07813494198 for details. 2 hours.

This walk is not part of the Walking For Health Scheme, but acts as a progression walk on from the Walking for Health walks—see website for more details.



All walks are **FREE!** No need to book. Just turn up at least 5 mins before the start of your first walk. Walks are led by trained walk leaders, so you will not get lost or left behind.

