

HeartSmart Walks

Free guided walks in the Chichester District

NEW WALK SUITABLE FOR BEGINNERS

Loxwood Gentle Walk

Monday 10th May 2021, 10.30am

Monday 17th May 2021, 10.30am

Leader: Richard - Experienced Walk Leader

Time/Distance: 40 minutes, 1 mile

Meet: Loxwood Medical Practice, Farm Close, Loxwood, RH14 0SU

Come and enjoy a flat walk at a gentle pace. Slightly uneven under foot. We will walk at the pace of the slowest walker. Finishing at the Onslow Arms for an optional cuppa.

- Please arrive 10 minutes before the start of the walk
- Small groups in line with government COVID-19 guidelines

Book online from Monday 3rd May www.chichester.gov.uk/heartsmart
or call 01243 521041

For a detailed programme or further information contact the
Chichester Wellbeing Team

☎ 01243 521041 - ✉ info@chichesterwellbeing.org.uk

📄 www.chichesterwellbeing.org.uk

