

Fordingbridge & Blashford Lakes Health Walks

for anyone wishing to improve their fitness

Walks are FREE
guided by Volunteer Walk Leaders

**NEW
WEEKLY WALKS IN
FORDINGBRIDGE**

Fordingbridge

**Short walks - up
to 30 minutes**
Meet outside the Riverside
Kiosk every Thursday
at 10am

Longer Walks - one hour
Meet beside Fordingbridge
Library every
Thursday at 11am

**Blashford Lakes (Hampshire and Isle of Wight
Wildlife Trust)** walks at 11am every
2nd and 4th Wednesday in the month
for approximately one and a half hours.
Meet at Tern Hide car park.

**Come along and join us -
we are a friendly sociable group.**
Please wear suitable footwear for walking
along uneven gravel tracks.

For more information contact
Fordingbridge: Craig Daters on 01590 646 671
Blashford Lakes: Nigel Owen on 01425 655 511

••• NO NEED TO BOOK •••



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