

Helpful Hints Before Starting

Whatever your age or ability, you can enjoy these walks. The Doorstep Walks are approximately 2 miles long and the longer walks (Longstep Walks) about 4 miles. It is suggested that you dress comfortably and appropriately for the weather conditions and that you wear good comfortable shoes. Try to bring a drink of water to avoid becoming dehydrated. Start your walking slowly and gradually increase your pace so that you feel slightly puffed but can still talk. This will bring out the best health benefits. (If you can't talk slow down a little until you can).

If you have any health conditions it is advised that you speak to your doctor before increasing your physical activity. We are a voluntary group so there is no cost.

WE INVITE YOU TO JOIN US

Contact Names and Walk Leaders for the Walking Forum:-

Pat and Charles	01225 753735
Stella and Ken	01225 754968
David	01225 755639
Tourist Information Centre	01225 777054
Town Council (Chris)	01225 768022
Doctors' Surgeries	



TROWBRIDGE WALKING FORUM

“Walking for a Purpose”



We invite you to join our happy band of walkers

Doorstep Walks

every Wednesday
at 10.30am

Longer Walks

(Longstep)
some Mondays
at 10.00am

See inside for scheduled walks

