



Simply Walk

Your way to better health, one step at a time

Would you like to join a gentle walk with other people in your local area?

Little Chalfont

Starts on Monday 9th January 2017

Meet outside Little Chalfont Library

Cokes Lane, Amersham HP7 9QA

Please arrive at 10:15 am, ready to depart at 10:30

Is this for you?

- A gentle walk around Little Chalfont for 30-45 minutes
- No booking required and free to attend
- Coffee afterwards in one of the local cafes
- Sorry—no dogs are permitted on this walk

If you'd like to find out more about training to be a Walk leader / backmarker or for more information on Simply Walk please

contact: Fiona Broadbent on **01494 475367**

Email simplywalks@buckscc.gov.uk

Visit www.buckscc.gov.uk/simplywalk

