

Walking your way to health



Castle Hill Health Walk

Castle Hill, HD4 6TA

Meet in the car park setting off at 11:00am

The walk will be every 3rd Tuesday in 2019 and every 4th in 2020 and the options will include 1 hour to 2 hour plus walks then down to Ambry's Community Café, Almondbury afterwards for a cuppa. Please wear supportive footwear

Dates of walks will be **2019:** 1st Oct / 12th Nov / 3rd & 24th Dec **2020:** 28th Jan / 25th Feb / 24th March / 21st April / 19th May / 16th June / 14th July / 11th Aug / 8th Sept / 6th Oct / 3rd Nov / 1st & 29th Dec



Walking is a great way to get more active whilst enjoying the outdoors!

For more information contact:

Darren on 07827927585 or Dave 07974617074

For further information visit: www.kirklees.gov.uk/walking

