

Walking your way to health



New Mill Health Walk

SUMMER (March – Oct)-**Last Wednesday** in the month @ **6.15pm** for a prompt start

WINTER (Nov – Feb) **Last Saturday** in the month @ **10am** for a prompt start

Meet by the Co Op/Post Office New Mill

The walk is around the local area which will include some off road, woodland paths and uneven surfaces.

The walk will last from 1 hour to 1 ½ hours and is free to attend.

Please wear supportive footwear and well behaved dogs welcome



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

Please **pre book** by contacting:

Gabrielle on 07919181169

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

