

WESLEY 'AMBLERS' WALKS ON YOUR DOORSTEP Walking towards change!

It is said that walking is one of the best ways to try and keep fit. Also what could be better than being in the fresh air, with the wind on your face taking in the sounds - and smells of the countryside. There is now an opportunity to no longer 'walk alone', but to join with others.

Di and Nic would like to invite you to join in a number of afternoon walks over the next few months, not too far from home, of varying lengths (whatever the weather). There will be a small charge for each walk, (to ensure we don't lose you!) the money raised will be going towards the Redevelopment Fund (and not our boot leather!)

Please see the individual walks for more detailed information.

- 1 = flat
- 2 = up and down
- 3 = up & down with a bit of distance
- 4 = oxygen tank may be required

- boot = "shouldn't" be muddy
- welly = "maybe" muddy in places

Sunday 14th September

Gileston (Blackberries!)
Meet at Wesley at 1.30pm
approx 2.30 hrs
2 - boot

£2 per head, under 16s free

Saturday 25th October

Michaelston -le-pit
Meet at Wesley at 1.30pm
approx 2 hrs
2 - boot/welly

£2 per head, under 16s free

Sunday 23rd November

Llantwit Major
Meet at Wesley at 1.30pm,
approx 2 hrs
2.5 - boot/welly

£2 per head, under 16s free

Sunday 14th December

Sully Circle
Meet at Wesley at 1.30pm
approx 1.30 hrs
1 - boot

£2 per head, under 16s free