

# 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 sometimes 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
- wellie** = 'may be' muddy in places

**Sunday 14th February  
Travellers Rest to Ridgeway**

Meet at Wesley at 1.30pm  
approx 2hrs (3.3 miles)  
**2 – boot (a few stiles)**

**No charge**

**Sunday 28th March  
St Brides Super Ely**

Meet at Wesley at 1.30pm  
approx 2hrs (3.0 miles)  
**2 – boot (a few stiles)**

No charge

**Sunday 25th April  
St Hilary**

Meet at Wesley at 1.30pm  
approx 2hrs (3.0 miles)  
**1 - boot (a few stiles)**

No charge

**Sunday 16th May  
Llantwit Major to Dim Hole**

Meet at Wesley at 1.30pm,  
Approx 2.25hrs (3.5miles)  
**2 - boot/welly (a few stiles)**

No charge

**Advance notice—next walk June 6th**