

WALKING FOR HEALTH



FREE weekly led walks of up to 3 miles in and around Bristol. Led by Bristol Amblers.

New members always welcome! See the sites of Bristol whilst getting out and about. A great way to enjoy exercise and a place to meet new friends.

The group meet locally, or in the City Centre, the bus or train station. Walks are led by two trained volunteers, supported by Bristol City Council.

[Click here for the full programme.](#)

We ask that all walkers arrive at least 5 minutes before the advertised time so the walk can start promptly.

Further information about walking for health or the other walking groups in Bristol visit the Walking for Health website

www.walkingforhealth.org.uk

No need to book, but if you are interested in attending please contact John on 07910 138 699 or email johnandlynda26@gmail.com