

Cheshunt Wellbeing Walk

Every Wednesday, 10.30–11.30am

Meet at Pindar Car Park, Windmill Lane, Cheshunt, Hertfordshire EN8 9AJ

(Parking charges apply. Up to one hour £1. Car park machine is card only)

Distance covered: **3k**
Terrain: **flat and paved**
Cost: **FREE**
Walk Leader: **Carol**
Unfortunately we are unable to allow dogs on this walk.

Looking to get back outdoors and enjoy some fresh air whilst meeting new people? If the answer is yes, then why not take part in this lovely circular walk around the River Lee Country Park. Please make sure to wear comfortable footwear and take a bottle of water with you. There will be a number of rest stops along the route for those who would like a small break.



For more information on the walk please contact Carol on **07778 398782**

