

July-September
HYMB
Wellbeing
Walk

**Fortnightly every other Friday,
10-11am.**

Meet at the **Herts Young Mariners Base,
Windmill Lane, Cheshunt, Hertfordshire,
EN8 9AJ** (free parking).

Distance covered: **3k**
Terrain: **flat and paved**
Cost: **FREE**
Walk Leader: **Gill, Maisie
and Tony.** Dog friendly.

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
bring a bottle of water. There
will be a number of rest stops
along the route for those who
would like a small break.

5 July led by Gill
19 July led by Maisie
2 August led by Gill
16 August led by Gill
30 August led by Gill
13 September led by Tony
27 September led by Gill



For more information on the
walk please contact Gill on
07887 507556.

