

Walks 2021

Date	Destination	Start Time
10 th July 21	Fort Amherst	11am
14 th August 21	Robin Hood	11am
11 th Sept 21	Dover Lighthouse walk	11am
9 th October 21	Aylesford to Malta Inn	11am
13 th Nov 21	Strood Community Walk	11am
11 th Dec 21	Rochester circular Lunch at Karen's	11am

Most routes have facilities unless otherwise stated but please bring packed lunch if preferred

Walking Group

Walks will be held on the second Saturday of the month and will start from All Saints Chatham Church Car Park (unless otherwise stated). There is a small charge of £1 per person for local walks, children are free. An additional charge may be incurred for trips involving group travel.

Walks will be set at a moderate pace for all to enjoy, there will be short breaks and comfort stops where route allows. Our aim is to enjoy the walks whilst achieving a good level of fitness.

Walking is good for blood pressure, lowering cholesterol, dealing with poor circulation, relieving stress and as part of a well-balanced diet, can help weight loss.

Walking enables you to see things you miss when driving. It also reminds us of the beautiful views and countryside close by that we sometimes take for granted. It is a great way to make new friends, share companionship.

If you are a first time walker and have purchased new boots, it is advisable to gently break them in on short walks (eg around the house).

Walk Leaders; Karen Hardy and Kirstie Fiddymnt

Unfortunately dogs are not permitted on group walks

What to bring and wear:

Bottled water, packed lunch (if required), good shoes/trainers, wet weather jacket, long trousers.

CONTACT

The Administrator

All Saint Community Project Trust

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Registered Charity Number: 1170179



ALL SAINTS COMMUNITY PROJECT TRUST

**The Magpie Centre and Café
33 Magpie Hall Road, Chatham ME4 5NE**



**Walking Group Programme
2021**