

Walks 2023

Date	Destination	Start Time
14 th January	St Mary's Island	11am
10 th February	No Walk	
11 th March	Fort Amherst	11am
8 th April	Trossley Bluebells	11am
13 th May	Coney Banks (Bring Lunch)	11am
10 th June	Robin Hood	11am
8th July	Kingsgate – Deal	9.30am
12 th August	Capstone Park	11am
9 th September	Darland Banks (Bring lunch)	11am
14 th October	Mystery Walk	11am
11 th November	Strood Community	11am
9 th December	Rochester Walk (Lunch Provided)	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 Fiddymont

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
2023**