



BRAINTREE DISTRICT WALKABOUT



We're back in our stride again!

Thanks to our designation as an 'organised outdoor activity', group walks with up to 30 people restarted on Wednesday March 31st – as you can see below, social distancing was maintained.



Similarly for our Monday walk in Great Notley and, since the middle of May, we can accommodate even larger numbers.



We are now part of the Ramblers' Walks for Wellbeing, but this name change makes no difference to what we do. Our walks, usually about 3 miles long, will cost you nothing and we offer 'short walk' options to those who prefer them.

We continue to meet three times a week:

- Mondays: Great Notley, starting from Panners Coffee Bar at 10:30 am
- Wednesdays: Braintree, starting from Marks Farm Tesco car park at 10:30 am
- Saturdays: Witham, starting from Morrison's car park at 10:00 am

As lockdown eases, we intend to add some special Summer Country Walks as well.

So, for fresh air, good company & the chance to natter over a cuppa afterwards

- Visit www.walkingforhealth.org.uk or
- Email angela@angelagakis.com or
- Phone 07799 068408