

All walks are led by experienced Volunteer Walk Leaders!

The Walks - are FREE and FUN

just turn up and meet new people. Everyone is welcome.

If for any reason the walks do not take place, eg. due to bad weather, or a walk leader is unable to lead a walk, another walk leader or another representative will be at the meeting place to explain. In the event of severe weather warnings, walks will not take place.

Please help us to start our walks promptly by arriving no later than 15 minutes before the published start time to allow for sign in and the pre-walk briefing.



SELBY HEALTH WALKS

For further information:

Please visit our website: www.shw23.btck.co.uk

telephone: 07922 002025 • email: selbyhealthwalks@googlemail.com

Please consider entering emergency contacts in your mobile phone address book under the name 'ICE'.



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