

# Wellbeing Walks

Starter walks and longer walks (details below). Walks open to everyone to get out, enjoy the fresh air and good company. Please wear appropriate footwear.

**Monday** - Brickfields Country Park meet in car park GU11 3QJ @ 1.30 pm - 2.5 miles

**Tuesday** - Southwood Country Park meet at the café GU14 0LJ @ 11.00 am - 2.5 miles

**Tuesday** - St Peter's Church GU14 7AP @ 1.30pm - now 2 miles

**Thursday** - Southwood Country Park meet at the café GU14 0LJ @ 11.00am - 1.5 miles  
(Many stay on for tea/coffee after the walk)

**Thursday** - **NEW Aldershot Canal and Chalk Farm Lake**  
meet in Fox Lines car park GU11 2LB @ 1.30 pm - 2.2 miles

**Friday** - Aldershot Park meet in the car park GU12 4PB @ 1.30pm - 1 mile. Ideal for beginners



For more information contact RVS on:  
**01252 398450** or [walks@rvs.org.uk](mailto:walks@rvs.org.uk)  
or just turn up and look for the leaders in high-vis jackets.

