

FREE



Wellbeing Walks

Our walks are open to everyone - whether you are young, old(er), walking with a pushchair and especially if your health would benefit from the great company and/or regular exercise.

Monday - Brickfields Country Park meet in car park GU11 3QJ at 1.30 pm - up to 2.5 miles, but can be less if required.

Tuesday - Southwood Country Park meet at the café GU14 0LJ at 11.00 am - longer 2.5 mile walk

Tuesday - St Peter's Church GU14 7AP at 1.30 pm - 2 miles

NEW
May 2026

Wednesday - Aldershot Park meet in the car park GU12 4BP at 1.30 pm, this is an ideal beginners walk - 1 mile

**CHANGE
OF DAY**

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

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

For more information contact RVS on: **01252 398450/walks@rvs.org.uk**

You can turn up and look for the leaders in high-vis jackets.

No equipment needed and no need to book!

Walks do not run on Bank Holidays.

