



## Led walk and nature activity around Woodfield Way Park Every Thursday 10.00am - 12.00pm

The walk will begin by meeting outside Goodnight, Sleep Tight shop, near Tesco Extra.

The route is **1.1 miles** and takes approx. **60 minutes**.



A gentle walk towards the park, taking the paths around the multi-use playground, woodland and lake while taking part in a nature activity, before returning to the cafe at Tesco Extra for refreshments. There will be the opportunity to take part in a nature activity during the walk. The walk begins and ends on an incline however, the remainder of the walk takes place on flat, well maintained footpaths which are suitable for wheelchairs and mobility aids. There are several benches and seating areas around the route, with plenty of opportunities to rest.

All abilities and fitness levels are welcome.



Book your FREE session or find out more by scanning the QR code, clicking the link to our webpage or contacting us!  
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