

HYMB Wellbeing Walk

**Fortnightly every other Friday,
10-11am.**

Meet at the **Herts Young Mariners Base,
Windmill Lane, Cheshunt, Hertfordshire,
EN8 9AJ** (free parking).

Active Herts
Your first step to a more active lifestyle

Distance covered: **3k**
Terrain: **flat and paved**
Cost: **FREE**
Walk Leader: **Gill, Maisie
and Tony.** Dog friendly.

Looking to get back outdoors
and enjoy some fresh air
whilst meeting new people?
If the answer is yes, then why
not take part in this lovely
circular walk around the River
Lee Country Park.

Please make sure to wear
comfortable footwear and
bring a bottle of water. There
will be a number of rest stops
along the route for those who
would like a small break.

21 July lead by Gill

4 August lead by Gill

18 August lead by Maisie

1 September lead by Gill

15 September lead by Tony

29 September lead by Maisie



For more information on the walk
please contact Gill on **07887 507556**.



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