

Simply Walk.....



....your way to better health

FREE!

First Footers Walk

Enjoy a morning in the fresh air walking in your local countryside and meeting new friends.

Available in:-

Burnham
Great Missenden
Holmer Green
Marlow
Bedgrove, Aylsbury
Walton Court, Aylsbury

For more information, see details for each walk

Walks are led by trained walk leaders and you will be encouraged to walk at your own pace so don't worry if you are not used to regular exercise. Please wear suitable footwear.

For more information, visit our website at
www.buckscc.gov.uk/rights_of_way or phone: 01494 475 367 Email:
simplywalks@buckscc.gov.uk