

GET OUT MORE!

Healthy Walks on Ashdown Forest

Setting off 10.30am from:

Broadstone car park, every 1st Wednesday of the month

Long car park, every 2nd Wednesday of the month

Box car park, every 3rd Wednesday of the month

Four Counties car park, every 4th Wednesday of the month

Millbrook West car park, every 5th Wednesday of the month

CHECK www.ashdownforest.org FOR UPDATES

Well behaved dogs on leads are welcome

Free, friendly walks. Every week, just an hour.

Please wear suitable shoes and dress for the weather conditions on the day.



For more information: Jenny Deering, Healthy Walks Project Officer TCV,
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