

Put some spring in your step with Healthy Minds.....



Walking For Wellbeing Group

For anyone who wants get fresh air, get fit, meet people and feel well, this friendly group takes regular walks throughout Calderdale, so people don't have to take that first step alone.



Saturday 12th March

Meet at 10.45am

3-4hr walk & picnic
lunch

Luddenden Dene Circular

This is a 6 mile moderate to hard walk, suitable for people who don't mind tackling muddy footpaths, stiles, & steep hills as well as waterfalls, streams, woodland and fields.

We will meet at Luddenden Village Car park on Luddenden Lane. (Catch the 574 bus from Halifax to Booth, Midgley), and finish at Luddenden Lord Nelson Pub or Car Park.

You should bring your own packed lunch, and water. Waterproof clothes and footwear recommended.

Friday 18th March

Meet at 10.30am

Savile Park – Manor Heath
Park

This is an easy, gentle walk on pavements and paths with optional visits to the walled gardens or jungle experience and a cuppa in the café. The walk including café visit will be 2 hours.

We will meet at the back of Crossleys School, Free School Lane, Spring Edge South, where the 577, 578, C6, M9 and M19 buses stop. There is free car parking on unadopted road next to the playground.

You should make sure you have comfortable footwear and waterproof clothes.

Please ring Dianne on 01422 345154 with your contact details or to get further information. This is the only way we can contact you should we need to cancel for any reason. www.healthymindscalderdale.co.uk

