

Put your best foot forward!

Walking is a fun and gentle way of getting fit and staying healthy. Come and join us for one of our regular monthly walks in Charnwood

GUIDED WALKS

Where: Syston Library

When: 3rd Tuesday of every month

(20th November, 18th December, 15th January, 19th February, 19th March)

Time: 10am

(Walk of 60-90mins)

Join us for a short stroll around the town, at a pace ideal for those new to walking

All walks are free of charge

No need to book - just turn up!

Please wear suitable footwear!

Call the team for more info on 01509 632535

Email: active.together@charnwood.gov.uk