

# Woodbank Wanderers

This walk is suitable for reasonably fit people. It may include unsurfaced rural paths, with some sustained ascents or descents. If in doubt about your fitness level, please contact the walk leader in advance, or take a look at the other wellbeing walks available for different abilities.

Please dress in accordance to the weather, some areas of the route will be muddy if there has been wet weather. Walking boots or sensible trainers are preferred for this walk for your own safety, and everyone walks at their own risk.

**For further information, please contact:**

[Breegeplynch1964@gmail.com](mailto:Breegeplynch1964@gmail.com) or call  
07800546711

*For different abilities, we have two other walks:*

- *Abney Hall Wanderers* is a 30-40 minute walk round the area. It is suitable for people who like a weekly walk but one not too long in distance.
- *Mooch and Mingle* for individuals who may have limited mobility, or who want a short stroll with an option to sit and catch up with each other.

We meet at:  
**Vernon Park Café**  
**1pm every Thursday**  
However, locations may vary, so please contact before coming along.