



# Walks for wellbeing

Walking is great exercise for your body and mind. Led by qualified walk leaders, Walks for Wellbeing offer 10 different walks across the borough in Bracknell Forest's magnificent green spaces such as South Hill Park, Cabbage Hill and Peacock Meadow.

Free and open to all residents. No need to sign up.



## **BINFIELD – Popes Meadow & Farley Copse**

**3 mile walk. Every other Thursday 12.30 pm**

**Meet outside Foxes' Den Café**

**July 13<sup>th</sup>, 27<sup>th</sup>, Aug 10<sup>th</sup>, 24<sup>th</sup>, Sept 7<sup>th</sup>, 21<sup>th</sup>,**

**Oct 5<sup>th</sup>, 19<sup>th</sup>, Nov 2<sup>nd</sup>, 16<sup>th</sup>**



Scan the QR code for more information or email Mark at:  
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