

# Fordingbridge & Blashford Lakes Health Walks

for anyone wishing to improve their fitness

**Walks are FREE**  
guided by Volunteer Walk Leaders

## **Fordingbridge**

**30 minute and 1hr walks**

**Start** from Fordingbridge Library every  
Thursday at 10.30am

## **Blashford Lakes** (Hants and Isle of Wight Wildlife Trust)

**11am** every  
2nd and 4th Wednesday in the month  
for approximately 1½ hrs.  
Meet at Tern Hide car park.

**Come along and join us –  
we are a friendly sociable group.**

**For more information contact**

**Fordingbridge: Craig Daters on 01590 646 671**

**Blashford Lakes: Nigel Owen on 01425 655 511**

••• NO NEED TO BOOK •••

