

Walking Group

The larger Walking Group walks have restarted. The mini groups will also continue. For any members who might like to join one of these smaller groups here are the details of the current mini groups.

Day	Description	Group Leader
Monday or Tuesday, 10am	We generally walk weekly, about 4-6 miles. Days vary, but usually a Monday or Tuesday morning, meeting at the walk start. We take it in turn to lead.	Jill Hughes
Wednesday, or by arrangement. 10am	Walking from Tattenhall, meeting at the Barbour Institute, 7 miles or so. There's the option of taking the service bus north or south for linear walks back.	Marjorie Watson
Thursday, 10am	We usually walk alternate Thursdays, sharing the leading. Normally easy walks of 3 - 4 miles, more as fitness improves.	Lynda Bish
Tuesday	Arrangements circulated on Sunday morning, Distance around 5 miles	Graham East
First Thursday in the month	The walks will be 3 to 5 miles at a leisurely pace. We anticipate 8-10 walkers max	Sue Mort

