

Social Walking with Royston Health Walks



Royston Health Walks is an independent social walking group.

We have a number of different walks every Wednesday all of which start at The Heath Café, Baldock Road, Royston, SG8 5BG.

We have 2 walks at 10am, a leisurely walk over Therfield Heath covering about 1½ miles and a slow/flat walk. Both are opportunities to get a bit of exercise, have a chat and meet new people. The groups come together at the Café for a brew around 11am, please feel free to join us even if it's just for the brew.

Our Wednesday afternoon walk is a bit more challenging and a little longer (about 2 miles). From May to September the start time is 5pm but changes to 2pm for the rest of the year. We end up at the Café for a brew.

Anyone and everyone is welcome to join us regardless of age, level of fitness and in principle state of health, even if it's only for the refreshments.



Join us for a walk, a chat and a brew

**Welcoming,
friendly,
social and
'fun'**

**Positively
inclusive and
non-cliquey**

**"Ambling
not
rambling"**

**Children,
buggies and
dogs all
welcome**

**The walks
are free,
no booking
required**

For more information call 01763 852769
or email roystonhealthwalks@outlook.com