

# Come Along & Join Us

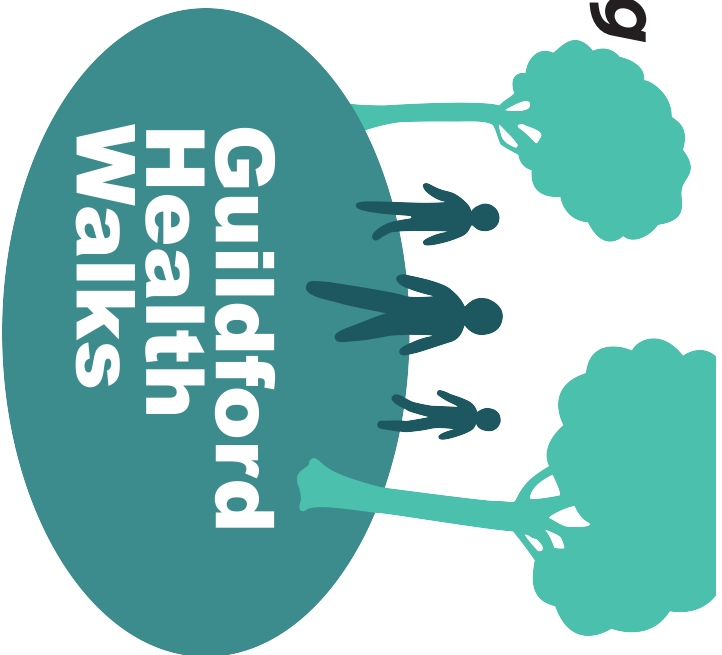
Free GUIDED  
Group Walks

A different walk  
each weekday!

**Walking  
in Nature**

**is Fun!**

All routes are  
accessible by car or  
bus. Option to go for  
refreshments  
afterwards at the  
local cafe or pub.



- Promotes wellbeing
  - Helps to keep you fit
  - Balances the immune system
  - Improves heart and lung function
  - Reduces stress & enhances clarity
  - Make friendships
- ...AND MUCH MORE!



[www.guildfordhealthwalks.org.uk](http://www.guildfordhealthwalks.org.uk)



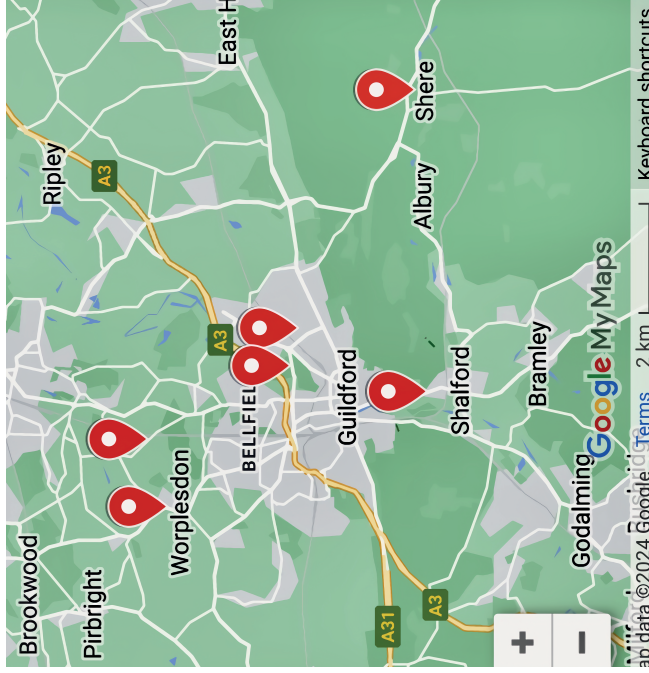
[enquiries@guildfordhealthwalks.org.uk](mailto:enquiries@guildfordhealthwalks.org.uk)

# Guildford Health Walks

*"Walking can make you happy and keep you healthy!"*



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 [www.guildfordhealthwalks.org.uk](http://www.guildfordhealthwalks.org.uk)



For more information, scan the QR code, go to our website or email us.

