

Walking in Swanley

FREE Weekly Walks

Every Tuesday

Starting 21st April 2009

Starts 2pm, lasts about an hour

Meet and finish at
White Oak Leisure Centre

- All walks are free and led by trained volunteer walk leaders
- Any age and ability welcome
- Walk at your own pace
- No need to book, just turn up
- Dress for the weather, including comfortable footwear
- Walkers under 16 yrs must be accompanied by an adult (18+)

For further information call Sevenoaks District Council
on: 01732 227000

Or visit www.sevenoaks.gov.uk/health

