

Welcome to the Toddington W4H Group!

- We meet every Tuesday at Toddington Library for a 10:30 start.
- We walk regardless of the weather, unless the conditions are deemed to be unsafe.
- Your walk leaders are: Alan Higgs (07946 893099), Ali Barker (07967 885868), Kathy Bocutt (07900 694001) and Paul Carne (07963 196314).
- We walk for one hour, covering approx. 2.50 miles.
- Please wear suitable clothing and footwear for walking.
- Please bring your own water, particularly on hot days.
- Please note that you walk at your own risk and at your own pace. Take care when crossing roads and on rough or slippery ground.
- Please check with your GP that you are able to engage with walking activities. Please inform a walk leader, prior to the walk, if you have any conditions that could affect you while walking.
- Please notify a walk leader if you intend to leave the group early before the group returns to the Library.
- You are very welcome to join us afterwards in the Library for tea/coffee/biscuits, and a chat.
- Details of the next walk (or if a walk is cancelled) can be found on Toddington Community Facebook, every Monday, link as follows:
<https://www.facebook.com/Toddington-Community-Bedfordshire-341866015966362/>
- A second site particular to Toddington Walks is:
<http://www.toddington.info/> Therein W4H have a page and you can extract past newsletters, walk maps, etc.