



## Welcome to the Toddington W4H Group!

### About us:

- 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.
- We walk for about one hour, covering approx 2.5 miles.
- You are welcome to join us afterwards in the library for tea/coffee/biscuits and a chat. A small donation can be made to cover drink costs.
- We support various charities, nominated by our walkers. Anyone wishing to make a donation can do so as they wish. When £50 has been collected, a charity is drawn and the money donated.
- Details of the next walk (or if a walk is cancelled) can be found on Facebook: <https://www.facebook.com/profile.php?id=100081261417468>
- For information about these and other local walks, visit: <http://toddington.info/>

### Can you please:

- Take care when crossing roads and on rough/slippery ground.
- Wear suitable clothing and footwear for walking.
- Bring your own water, particularly on hot days.
- Note that you walk at your own risk and at your own pace.
- Check with your GP that you can engage in walking activities.
- Inform a walk leader, prior to the walk, if you have any conditions that could affect you while walking.
- Notify a walk leader if you intend to leave the group early before the group returns to the library.

### Your current walk leaders and their contact numbers are:

Ali Barker: 07967 885868  
Kathy Bocutt: 07900 694001  
Lorraine Ward: 07483 889228

David Yirrell: 07843 436316  
Tony Price: 07843 191023

We hope that you enjoy the walks.