



Walking routes – for all the family!



One of the things which we can still do, is to head outside to our local parks and open spaces. The Parish Council has been working with a local walk coordinator, Julia Doherty, of the Adventure Geeks.

We asked Julia to create some walking routes for East Hunsbury, for all the family, not just Seniors, but many of you may be interested.

Julia has created 3 walks for us, 1 mile, 3 mile, and 5 miles! These are now on our website, with more information about Adventure Geek walks in other parts of the County.

All the EH Walks start at the same point – Penvale Park, at the pedestrian entrance off Penvale Rd. You can download the maps from our website <https://www.easthunsburyparishcouncil.gov.uk/get-active-east-hunsbury-walks.html>, but if you do not have a printer, please email Trudi and she will arrange to post copies to you: admin@EastHunsburyParishcouncil.gov.uk

As with any exercise, please make sure that you go at your own pace, and please be careful in this winter weather. The parks are muddy in places!



Senior-Strolling Sessions Who fancies joining a new group?

We have some members in our group who are interested in organising a monthly stroll. When restrictions allow, this would be a chance to get out and about, at a pace to suit you! We could start with walking in East Hunsbury, but also look to head to other parts of the county. If you are interested in hearing more, please email Trudi on admin@EastHunsburyParishcouncil.gov.uk Please note, this will not be happening immediately, but we can start to plan!

Wherever you go for your walk, take good care and enjoy the fresh air!