



Basingstoke  
and Deane



# Walking the way to Health from Eastrop Park, Basingstoke



Make new friends, improve your fitness and enjoy your local area

## Monday mornings at 11am

(please arrive a little early to register)

**Meet at The Boathouse in Eastrop Park**, near the town centre  
(five mins walk from Bus Station).



There is a choice of two walks to suit different abilities.

A 60 to 75 minutes one is for faster walkers, and the gentle stroll of about an hour is for anyone just beginning to improve his or her fitness.

There is no charge to come on the walks – all are led by volunteers.

For further information, please call **01256 845574** or find details on  
[www.basingstokehealthwalks.org](http://www.basingstokehealthwalks.org)

walk 4 life