



# Simply Walk

**Your way to better health, one step at a time**

**Would you like to join a gentle walk with other people?**

## **College Lake Nature Reserve**

**Starts on Wednesday 11th January 2017**

Meet inside the Visitor Centre

BBOWT College lake Nature Reserve

Upper Icknield Way, Bulbourne, Tring, Bucks

HP23 5QG

**Please arrive at 10:15 am, ready to depart at 10:30**

Is this for you?

- A gentle walk around the Nature Reserve of 30-45 minutes
- No booking required and free to attend
- Coffee available afterwards in the café on-site
- Please wear suitable footwear
- Sorry—no dogs are permitted on this walk

If you'd like to find out more about training to be a Walk leader / backmarker or for more information on Simply Walk please

Email [simplywalks@buckscc.gov.uk](mailto:simplywalks@buckscc.gov.uk)

**Visit [www.buckscc.gov.uk/simplywalk](http://www.buckscc.gov.uk/simplywalk)**

