



WILDLIFE WELLBEING WALK

*In association with LED Community Leisure and
the Ramblers' Association*

Saturday 8th November 2025, 10.30am, Lymestone village



"All walking is discovery. On foot, we take the time to see things whole" Hal Borland

Walking in nature ... spotting and learning about wildlife ... enjoying a sense of nature-connection for wellbeing

Does this sound like something you'd like to do? If so, then come and join us for our first wildlife wellbeing walk:

- a gentle circular walk from the village centre, close to toilets and car parking
- low/medium difficulty lasting approx. 60-90 minutes
- has a couple of gentle slopes, some kissing gates and narrow footpaths
- is open to anyone who feels able to take part
- families and children welcome, but under 12s must be accompanied by an adult
- well behaved dogs on short leads are welcome
- join us afterwards for a drink or bite of lunch at the Swan pub

Booking is essential ... to book your place, ask any questions and get further details please email us at wildaboutlympstone@gmail.com

*A walk is such a simple, yet incredibly powerful way to reset and feel good.
We hope to see you there!*