

# Summer Strolls from Cold Higham

**HEALTH WALKS** are part of the 'Walking the Way to Health' national initiative, which has been developed by local partners. The walks aim to provide opportunities for people who currently do little or no exercise to take advantage of this **FREE**, easy and beneficial activity. Trained walk volunteers will be leading the walks.

**Fortnightly summer strolls from Cold Higham  
Parish Hall. First walk Friday 28<sup>th</sup> July at 7pm  
(Followed by Fridays 11<sup>th</sup> and 25<sup>th</sup> August with last  
walk this year on Friday 8 September)**

These walks are designed to be an introduction to taking healthy exercise and will be between 2-5km long and last about 30-60 minutes. The walks will be on country footpaths, with fairly steep hills and may involve crossing stiles and fields with livestock. Dress sensibly for the weather and wear appropriate footwear for the conditions. There is no need to book, just turn up on the day. After the walk, you will be invited to join the other walkers and the walk leaders for tea and coffee (small charge) in the Parish Hall.

For more information contact Steve Rowe 01327 830990  
(Also occasional longer social walks on Friday evenings )



**South  
Northamptonshire  
Council**