



Put Spring in your step!

Wednesdays 1.30pm ♥/♥♥

Settle

Meet at Millennium Garden, nr Booths car park

in addition to local walks we do Out of Town Specials -

May 16th - **Feizor*** May 30th - **Clapham***

June 13th - **Malham**** June 27th - **Austwick***

**Share cars, **limited places - book in advance, priority to regular walkers*

First Thursday of the month 10am ♥/♥♥

Gargrave

Meet at Summerseat Gargrave - contact 01756 748851

Third Thursday of the month 10.15am ♥/♥♥

Hellifield

meet at car park behind Aherens - contact 01729 851389

- Free, open to all
- For exercise and meet new people
- Incentive scheme for regular walkers
- Just bring sensible shoes and weatherwear
- Come along when you can, walk at a pace to suit you

For full programme tel: 01729 824537 or email ncravenstrollers@yahoo.co.uk

Also in North Craven, High Bentham 9.30am

Mondays - Ladies ♥♥♥

Tuesdays - Gentle nature walk ♥/♥♥

contact 015242 62672

Grading: ♥ easy, about 1 hour; ♥♥ 1-1.5 hrs; ♥♥♥ 1.5hrs+

*North Craven Strollers is kindly supported by Craven District Council,
Pioneer Projects/Looking Well High Bentham, Age UK North Craven*

