

# Simply Walk.....



....your way to better health in your local area

Enjoy a walk in the fresh air and meet new friends!

Walks offered in many parts of Buckinghamshire, including



## Downley Common

EVERY Monday - 1000 hrs

Meet at the Old School Community  
Centre, School Close

(coffee available after the walk)

1-1.5 hour countryside walk with no stiles and some inclines.

All walks are led by trained walk leaders and you will be encouraged to walk at your own pace so don't worry if you are not used to regular exercise. Please wear suitable footwear.

For more details and a full walks programme, please contact Simply Walks on 01494 475367 or email [Simplywalks@buckscc.gov.uk](mailto:Simplywalks@buckscc.gov.uk) or visit our website at [www.buckscc.gov.uk/rights\\_of\\_way](http://www.buckscc.gov.uk/rights_of_way)