April Lifewalks programme:

Date	Time	Route details	Meeting point	LVRPA contact on day
06/04	10am	Bowyers Water. 2.34 miles. Surface: Tarmac paths. Footwear: Dry shoes	Outside the reception of White Water Centre. EN9 1AB	Jack Pringle 07825 659 226
13/04	10am	Gunpowder Park. 2 miles. Surface: Gravel path and board walks. Footwear: Dry shoes	Gunpowder Park Car Park. EN9 3GP.	Jess Whitehead 07909 000 326
20/04	10am	Fishers Green. Old River Lea Loop. 1.8miles Surface: Tarmac, gravel and earth paths. Footwear: Dry shoes	Fishers Green Overflow Car Park. EN9 2EF	Lyndsey North 07909000309
27/04	10am	Waltham Abbey Gardens. 0.8/1.6miles. Surface: Mostly tarmac, hard paths and some grass. Footwear: Dry shoes.	LVRPA Abbey Garden Car Park. EN9 1XQ	Lyndsey North 07909000309

Booking procedure: Currently no pre booking is required.
Cost: FREE
On the day: A register will be taken at the start of each walk. We will ask for your name and contact details to ensure we can keep you updated of any changes moving forward. Please arrive a few minutes early to ensure no delays.

FYI parking at white water centre will still be free and you will need to input your car registration upon arrival.

We will eventually have a dedicated space on our Lee Valley website which will have monthly up to date information regarding this programme including dates, routes and any changes to the booking procedure. For the time being I will inform you of any updates via email. Either myself or a member of my team will be attending every walk for the first few months and we will be happy to chat through any developments with all of you then.

Once I have the May walk schedule confirmed I will email this out ASAP.

If you have any questions or need any clarification on anything then please feel free to contact me via email or you can call me on: 07909000309

Thanks
Lyndsey

Lyndsey North
Community Health & Wellbeing Officer

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