



Suitable for
Beginners

Barton Health Walk

Would you like to:

- 1. Start some gentle exercise?
- 2. Explore Oxford's green spaces?
- 3. Meet new people?

Then why not join our Barton Health Walk?



STARTING 9th OCTOBER 2019

FREE Led Walk

Meet at Hedena Health at Barton Surgery

Every Wednesday at 12 noon

Walk led by
qualified
Walking for
Health
Leaders

Walks are led by trained volunteer leaders and are FREE to attend with no need to book. Walks are normally between 1-3 miles (30-60 minutes) and are taken at a pace suitable for all.

Walks leave promptly at the times shown, so arrive 5-10 minutes early to meet the group and fill in a Walker Registration Form. No specialist walking gear or hiking boots needed, just wear shoes comfortable for walking in.

Please note you take part at your own risk and should seek medical advice if appropriate. Walks are volunteer led as part of the trusted national Rambler's Walking for Health programme.



For more information on Oxford Health Walks
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