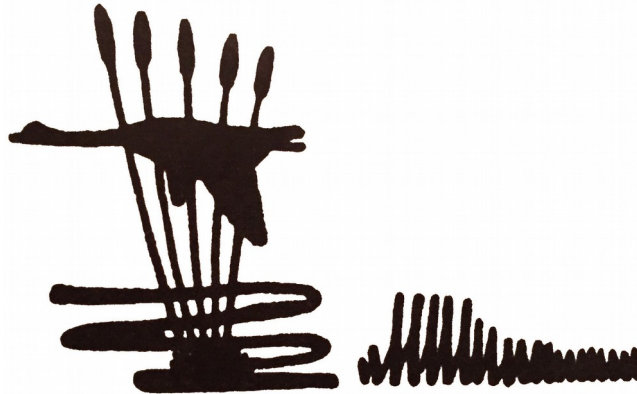


Come and join us for an easy way to improve your health and social contacts

Low-level walks, usually around 6 miles

Interesting locations including The Lake District, Yorkshire and Arnside area



FYLDE NATURALISTS' WALKING GROUP

Comfortable coach with friendly atmosphere

Pick up points from Lytham (8:30am) through Blackpool to Poulton (9:10am)
Back around 5:00pm

Mid-morning drink and toilet stop

Alternate Saturdays
February to November

Bring your own lunch, wear sturdy footwear and suitable clothing including waterproofs

www.fyldenaturalists.co.uk
or search Facebook for "Fylde Naturalists"

Contact
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