



Today's meeting point is on the grassy, outdoor picnic area to the upper side of the Horticultural Centre (to the upper left of the central car park) 🚶  
 Please note, the overflow car park usually has plenty of spaces if the central car park is full.

**If you feel unwell on the walk:** Our walk leader and back marker both carry first aid kits, water, and a bottle of Coke for a quick sugar lift. If you feel dizzy, light-headed or unwell, tell either of them. They'll stay with you while you rest. If a rest doesn't settle things, or we're concerned, we'll call an ambulance. On-the-day contact: **07745 242 684** (call or text) or message the WhatsApp group (Scan the QR code using your phone camera, clicking the link will take you to the group)

- 1 Cross over brook turn left onto path    2 Cross over brook turn right    3 Slide left onto path
- 4 Keep left for slightly shorter route    5 Keep left    6 Straight ahead
- 7 Turn right    8 Turn left to return to central car park and return to Starting point.



**07745 242 684**

