

## WALKING CLUB

Join us for walks in the near vicinities of Essex and Suffolk. This is an excellent opportunity to invite friends and neighbours to enjoy fresh air and exercise at a leisurely pace.

**The 'Step by Step' Walking Group** meets in Frinton Free Church car park and leaves at 9.30am. We share transport to the start of the walk and for the return journey. There will be opportunity to have lunch at a pub during the walk or if you prefer you can bring a packed lunch. A waterproof coat, stout footwear and something to drink are essential for all walks.

A leaflet detailing our planned walks is available from the Church Office. Alternatively, please feel free to contact one of the Walking Group leaders for more information on a walk—Dave Wint on 850474 or Barry Rouse on 677808, email: [baz@rouse.eclipse.co.uk](mailto:baz@rouse.eclipse.co.uk)

*The Group (FFC Walking Group) does not accept any liability for loss, damage or injury incurred in connection with any group activity or travel to or from it, however caused. It is the responsibility of persons sharing transport with others to ensure that the driver has appropriate third-party insurance for the vehicle concerned. Persons under 18 years of age must be accompanied by a parent or other responsible adult unless otherwise arranged with the Group in advance.*