



# Fresh Air, Fun & Exercise

## Healthy Walks for 2010

The Environment Trust for Richmond upon Thames will be offering a programme of **FREE** Healthy Walks starting this May. The walks are specifically designed for adults with learning difficulties/disabilities, dementia, mental health problems or multiple disabilities. They are lead by experienced walk leaders and support workers.

Walking at an easy pace you will be in a group of about eight people. Each walk starts at 10:30 and finishes at 3pm with planned stops for refreshments and lunch along the way. The walks will help you explore your local area and will include interesting activities such as wildlife spotting and visiting historic buildings.

Please select your walks from the programme shown on the back of this flyer and get in touch.

**To register for a walk please contact:**

**The Environment Trust for Richmond upon Thames**

**Tel: 020 8891 5455 or Email: [office@environmenttrust.co.uk](mailto:office@environmenttrust.co.uk)**

**You must register at least 3 days before the walk date and we will send you all the information you need.**



**We look forward to welcoming  
you on a healthy walk!**

# Healthy Walks for 2010

**Saturday 29th May, Kew Gardens: Visit the most famous Plant collection in the world. (We will pay your entrance fee)**

**Saturday 12th June, Kneller Gardens to Crane Park Island: Discover the wild wonders of crane park island with its singing marsh frogs, butterflies and wild flowers. We might even see a kingfisher if we are very lucky.**

**Saturday 26th June, the London Wetland Centre: This is London's most wild place. Feed the birds and have ago a pond dipping if you wish. (We will pay your entrance fee)**

**Saturday 10th July, Richmond Park: Woodpeckers, deer and grasshoppers will all be seen on this lovely walk. We will take some time to learn about the famous oak trees in the park too.**

**Wednesday 18th August, the River Thames Twickenham to Richmond: This was last years most popular walk it includes a boat trip over the river and a quick visit to Orleans House Gallery.**

**Wednesday 1st September Teddington lock to Ham House along the River Thames: Visit Ham house's lovely gardens and perhaps on the way there we will see a heron catching a fish in the river.**

**Saturday 18<sup>th</sup> September Bushy Park: Walk across this magnificent park past herds of deer , through the lion gate into the beautiful rose garden of Hampton court palace where we will we stop for a picnic and tea.**

**Saturday 2<sup>nd</sup> October, Kew Gardens: Having seen the garden in the spring you might like to come back and see the lovely autumn colours.**

**Saturday 16<sup>th</sup> October, Teddington Lock to Hampton Court Palace along the River Thames: This is a slightly longer walk than the others that will finish with the spectacular sight of Hampton Court Palace.**

**What you need for your walk: Solid, comfortable shoes and comfortable clothes suitable for walking. A waterproof jacket if the weather is bad. A packed lunch and money for a cup of tea. You can also bring a camera if you have one, we can help you take some memorable photos of your busy day!**

