

Join us for a fundraising walk through the beautiful National Trust Ashridge Estate near Berkhamsted on Sunday 7<sup>th</sup> May 2017



The walk will be approx. 5K and will take in some of the beautiful woodland and open countryside on the Ashridge Estate

It will be led by Nicky a Nordic Walk instructor who will supply Poles and Instruction for any who want to try Nordic Walking You can walk with or without Poles

Those not up for a 5K walk can join us at the end for a Buggy / Wheel Chair friendly walk around the meadow at the Visitors Centre followed by a Picnic on the Meadow

The 5K walk will set off at 11.00 from the Monument adjacent to the Visitors Centre. We will be back at the Monument between 12.00 and 12.30 for the walk around the meadow

Parking is Free and there is a café serving great hot food and amazing scones and cakes

We will set up a donation page for those who want to ask friends and family to sponsor them

Please let me know if you can join us and whether you want to give Nordic walking a try

Contact me Jeanette Galloway by email [jeanettehgalloway@gmail.com](mailto:jeanettehgalloway@gmail.com)

The entrance to Ashridge Monument Drive and the Estate Visitor Centre is off the B4506 between Berkhamsted and Dagnall SatNav: HP4 1LX