



Common Port Down Trail Hungerford

**Every Thursday
at 6.30pm**

Hungerford Common

Meet at the car park opposite The Down Gate Pub for a medium to brisk paced led walk around the historical 220 acre common



Walking is great for your health and puts a spring in your step. With Walking for Health, you can take part in a free short walk to help you get active and stay active. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends.

From reducing stress, to losing weight, to sharing laughs,
Walking for Health has something for everyone.

**WE ARE
MACMILLAN
CANCER SUPPORT**



Supporting you to
get active and stay active

For further information on Walking for Health
please contact the Physical Activity Coordinator for
Public Health and Wellbeing on 01635 519679
walking@westberks.gov.uk www.westberks.gov.uk/wfh



West Berkshire
C O U N C I L