



Gentle Walks are starting again!

From Wednesday 5th August, meeting just before 10.00 am outside the St Laurence Room, Market Square to sign in with the walk leader.

- We all need to take responsibility to socially distance ourselves, (ie keep two metres, or at least one metre, apart). Please do not walk if you're not feeling well, and let Vron Corben (or any walk leader) know if you develop Covid symptoms after the walk. We will roster one back marker for each week, to accompany the more vulnerable group, decision on the day by the walk leader.
- Please walk responsibly; stand back, give way where necessary; don't walk into the road to pass someone.
- Please wear 'sensible' shoes and bring your ICE card. You are welcome to use a face mask or face covering.
- Toilets are open in the Greyhound Lane car park and just off Reception in the Bell Hotel (access from the car park at the side of the building).
- We will finish in the Arboretum, so (weather permitting) you might like to bring a drink and a snack so we can all get together (but apart!). Please do not share drinks.
- As usual, everyone walks at their own risk : we are following national guidelines to ensure everyone is safe. Please remember that there is now traffic on the roads again, so take great care. Try not to touch anything on the walk (gates, benches, etc), and wash hands when you get home.

We look forward to seeing you : if you have any questions please ring Malcolm on 713686 or Christine on 714336.