

**Book a place on
these walks by:**

**1 Downloading and
filling in the
registration form on
the Connect Centre
website**

**2 Joining the
Walking Group
WhatsApp group
and texting Mervyn
Dunlop before each
walk on:**

07719924231

Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, it can help you build stamina, burn excess calories and make your heart healthier. It exercises the human body's aerobic system, increasing the heart rate and lung capacity. It is a low impact way of developing leg and back muscle strength. It reduces stress and assists in developing a new perspective on a stressful situation. These walks give opportunity to talk as you walk and has great social value.

Countryside walking develops an appreciation of the beauty of the country we live in, the scenery that we sometimes are guilty of driving through with very little chance to stop and admire what is around us.

Walking allows people to share and fellowship in a unique way so why not join us

**CONNECT
CENTRE**



**WALKING
GROUP**

*A chance to walk
some of our
beautiful beaches,
hills, forests and
mountains*

CONNECT CENTRE

WALKING PROGRAMME

Saturday walks are a mix of long walks, up to 10 miles over rough ground in some places and shorter walks mainly on tracks and minor roads. Walkers require:

- a packed lunch .
- small backpack
- an extra jumper
- walking boots or shoes
- waterproof jacket and trousers
 - fleece jacket
- Woolly hat and gloves

SATURDAY WALKS

All walkers should meet at
CONNECT at 9.30

5th Feb Cam Forest and Rigg Hill Wind Farm. 14 Kms 200 m climb

19 Feb Slievenora Forest, Moyle Way, Owenaglusk River and Altnahinch Dam. 12 Kms 270 m ascent

5 March. Portstewart walk. Gentle walk around public footpaths and minor roads

19 March. Springwell Forest. 10 Km on forest paths mainly flat ground

2 April. Galboly hidden village. Steep muddy path

16 April. Easter Saturday walk. Giant's Causeway headland. Dunseverick castle to the Causeway 14 K.

30 April. Dungonnel Dam, Glenarriff and Cargan. 16k. Little climbing; mainly forest paths and minor roads.