

The
Kingcombe
Centre



HEALTH AND WELLBEING NATURE WALKS

A gentle walk of 1-2 miles exploring part of the beautiful Kingcombe Meadows Nature Reserve

Being in nature is proven to be beneficial for both physical and mental health. This walk is recommended for beginners and people wanting to improve their wellbeing. Come dressed for the weather and enjoy the daylight.

Some walking on uneven ground, but no hills.

Optional hot drink, snack and chat afterwards.

Meet Emma at The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, DT2 0EQ (off the A356 near Maiden Newton).

Free, but donations welcome.

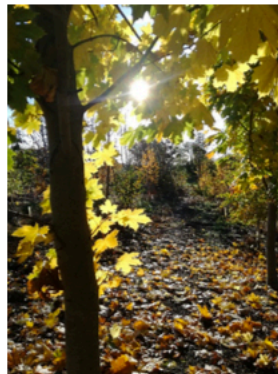
Call, text or email to book

Contact: Emma Kane

Telephone: 07800 881590

Email:

KVolunteer@dorsetwildlifetrust.org.uk



Fridays 2.00-3.30pm

6th October

20th October

3rd November

17th November

1st December

8th December