

Wellbeing Walks

**RSPB St Aidan's Nature Park
& Fairburn Ings Nature
Reserve**



**Walks at St Aidan's are on the last Wednesday
of each month.**

**Walks at Fairburn Ings are on the second
Thursday of each month.**

Meet at the Visitor Centre at 11.00am

These monthly walks, accompanied by RSPB Volunteer Rangers, are around one mile and last for no more than an hour. The walks are open to all, especially older people and are dementia friendly. A gentle sociable stroll, at your own pace, enabling you to be outside, enjoy what the environment has to offer and to benefit your physical and mental wellbeing.

No booking needed, just turn up!
(Walks will be subject to weather conditions)

Find out more:

St Aidan's Nature Park. Tel: 0113 232 0529

Fairburn Ings Nature Reserve Tel: 01977 628191

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654