

# Join us for a **FREE** buggy walk!

get some fresh air,  
meet new friends  
and explore the  
local area.

These walks are perfect for parents  
and grandparents returning to  
exercise. After the walk, relax with a  
cuppa and a chat.

**No need to book, just turn up!**



#### Meet:

Yate Library  
44 West Walk  
BS37 4AX

#### Start:

10am (walks are  
approximately 45  
minutes long)

#### When:

1st and 3rd Monday  
of every month

# What do I need?

- Safety first – all of our walks have been tested and risk assessed with all terrain pushchairs in mind. However, some terrain may be uneven underfoot so we advise you to come prepared with usual safety precautions in mind and suitable footwear.
- Meeting up – there will always be a buggy walk leader waiting outside of the library to welcome you and jot down your name.
- The walk – generally we walk for approximately 45 minutes around the local area.
- After the walk – we all head inside for a cuppa and a chat. We are a breast feeding friendly group and there are baby changing facilities available.

Please wear appropriate clothing and footwear. It's always handy to bring the rain cover for the buggy – you never know when our British weather will take a turn for the worse.



For further information please call the leisure and libraries helpdesk on 01454 868006, visit [www.southglos.gov.uk/walkingforhealth](http://www.southglos.gov.uk/walkingforhealth) or email [healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk)



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