



# Open Country Weekday Walking Group

## Open Country

Do you want to:

- 👣 See the countryside
- 👣 Visit different areas of Yorkshire
- 👣 Improve your health and well-being
- 👣 Enjoy fresh air and fun
- 👣 Meet new friends
- 👣 Gain new countryside skills and knowledge
- 👣 Develop your self confidence

If so, this could be for you. You would be supported by Open Country, who have over 20 year's walk leading experience, to take part in weekly walks, usually between 5 to 7 miles long, all year round.

Meet at Community House in Harrogate at 10am and we'll drop you off at home afterwards about 5pm

The cost will be approximately £30 per day including your transport to the places we walk and home. Limited places available – booking essential.



For more information contact: Open Country  
01423 507227

To find out more about Open Country visit:  
[www.opencountry.org.uk](http://www.opencountry.org.uk)



The Queen's Award for  
Voluntary Service 2006